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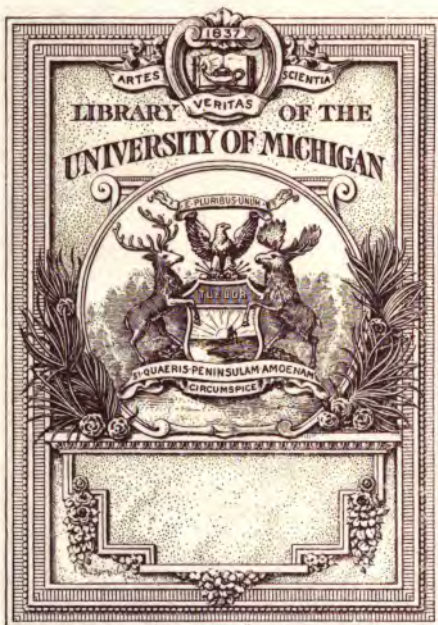
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HOW TO KEEP WELL
SERIES

BY DR. J. H. HAYWARD



AN ALPHABET OF
ATHLETICS



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AN ALPHABET OF ATHLETICS

THE FITNESS SERIES

AN ALPHABET OF ATHLETICS

BY

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**THIS LITTLE BOOK IS
DEDICATED TO S. C. WITTING, ESQ.**

GENERAL INTRODUCTION TO THE SERIES

The chief object of this Series is to point out what is normal and healthy, and many of the simplest helps towards that condition, rather than to lay stress on what is abnormal and morbid; to emphasise Fitness rather than the effects of unfitness. Thus, in thinking of digestion (if, indeed, we think of the matter at all), we need to get into our minds a reasonable view of good digestion as a regular and not unpleasant process, which should be ours, and to make ourselves realise it against all comers—especially against unfavourable conditions, temptations to obviously silly mistakes, and harassing descriptions of the results of bad digestions. The attractive nature of Fitness must be emphasised, even though it may be the unpleasant nature of unfitness that first interests the individual and leads him to pay attention to sensible self-training, a hitherto neglected duty.

It is important that Fitness should be set forth not only as a duty but also as a satisfactory and enjoyable duty. Till now, it has not been regarded as a duty, partly because our ideas of physical duty are of a despicably low type; partly perhaps, because Fitness is associated with happiness! So extraordinarily unhappy and gloomy and pathological is our notion of duty, as if we were destined, forsooth, to resist all our strongest desires, for ever and ever, and never to follow with safety any single pleasant inclination lest, being pleasant, it could not possibly be dutiful and virtuous as well.

We shall try to keep in mind a pleasant state and sense of Fitness, and, since this is no less vital, to keep in mind an all-round Fitness, as distinct from redness of face, largeness of muscle, or even the power of physical endurance. All-round Fitness is, as we shall show, physical and hygienic, aesthetic (which word may include the notion of enjoyable), intellectual, economical, social (which word must include our relations to all groups), and prospective. All-round Fitness is not good character alone, but also the means of expressing good character easily, happily, and adequately, and the

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tendency to produce eventually a better man than one's past self. The test is the capacity and the bias, in the first place to work well in any direction that commends itself to the highest consciousness, and, in the second place, not to desire too strongly, not to be dependent on, anything beyond the necessities that are procurable everywhere, and especially those that are procurable from within ourselves.

There have been many who have asserted that to take any care for one's body is a mistake, as being "morbid" and "self-centred." Some readers, though they do not go as far as this, still are not convinced that to seek all-round Fitness is a duty no less than Church-going is. Yet all should know that to seek all-round Fitness is at any rate not morbid and self-centred—or, rather, self-circumferenced. All-round Fitness inevitably leads to good work for others: it is prospective—that is to say, it provides for the future of self and others; it is radiating and infectious: it hurts no one. It has every right to our reasonable attention. And by "reasonable" is meant something utterly distinct from dogmatic crankiness on the one hand, and on the other hand fussing over trifling symptoms.

In order to help people towards all-round Fitness, hints will be offered on methods which are worth trying because they have succeeded in certain cases; but individuality will be fully allowed for. And under individuality we must reckon the habits of the individual and the results of his past mistakes; for example, one who is tempted to take alcohol in excess will be told of a number of plans which have done something to remove the craving, but at the same time he will be shown that his past habits and present wants must be taken into consideration: he will be advised as to how he may begin his self-cure along the lines of least resistance.

In recommending changes which may be started most easily, we shall sometimes have to distinguish between the way of restoring upset balances and the way of living happily afterwards. Thus the Weir-Mitchell rest-cure is a temporary aid; to advise it as a permanent course of life would be absurd. The same applies to the fruit-cure, and to a number of other systems. Moreover, such systems are not available for every one. It is necessary to allow for existing circumstances, family arrangements, social requirements, and what are considered as "inevitable evils." Extremists would cut people off from nine-tenths of ordinary life when they forbid, once and for all, undesirable air, undesirable food, undesirable surroundings and conditions generally. The person who can be healthy only under

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such conditions has not attained to all-round Fitness, but is still the slave of things external. As means to health, the best air, food, surroundings and conditions may be very valuable; they are not health itself. Continued dependence upon them all is not freedom, but (however apparently magnificent its results) a special form of slavery.

Most of all shall we insist on those helps that satisfy the three following requirements. First, that they should soon become sub-conscious and should not need much special attention afterwards. Slow eating is an instance. We do not wish to eat slowly of set purpose for ever; we do wish to acquire—I mean, to have acquired—the habit of eating slowly, so that it will be managed for us by our under-mind without bother on our part. Secondly, some of the helps should become unnecessary in course of time, or at any rate should not require to be increased. Elaborate massage is an example of the former kind. If one has to massage himself or to be massaged regularly, and if the massage does not lead in the end to independence of massage, then it is not an ideal cure. Cascara may be an example of the latter kind. Many people find that, though they take it regularly, they never have to increase the dose. The third class of good cure is that which is available anywhere: the glass of water in the early morning, a few simple exercises, a little prayer—these are practically never out of our reach.

The power of the conscious mind is brought into prominence in this Series. It may work more directly by means of intelligence, observation, and will-power. Thus by intelligence and observation one may find out the best diets, and by will-power one may keep to them so long as they continue to be the best in their general effects. Or it may work less directly, through the under-mind, by concentration, imagination, and self-suggestion; as when one suggests to himself, just before he goes to sleep, that he will wake at a certain hour next morning, that he will work hard and well during the next day, and so on.

Particular stress is also laid upon those treatments which can be practised safely by the person himself—those simple ways that are economical of time, money, and energy; ways that are rational in theory inasmuch as they tend to pure, active, and strong blood and body, thought and mind; ways that have been tested by many and found good by them, and are now offered as worth a fair trial by others; ways that are likely to be all-round in their effects (breathing-exercises are an example of such ways, and so are trunk-exercises); above all, ways that are preventive as well as remedial.

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But the ways are not guaranteed as universally efficacious ; they are not certain and final cures, many problems being admitted, as well as the constant necessity for choosing one out of two or three more or less "undesirables." Too often we hear this or that method—doubtless quite good for a number of individuals—recommended not merely as if it were the sole possible cure, but also as if it were entirely free from any sort or kind of objection. Such one-path advisers (or cranks), by their sheer self-confidence and "cocksureness," come prominently before the public, with the result that, when any one tries to state their fragment or aspect of the whole truth fairly, he is handicapped by having a libellous label attached to him. My methods are not to be labelled as "Vegetarianism," "Hypnotism," and so on : they do not urge a diet of vegetables, nor the submission of one's will to that of another. Moreover, they do not emphasise symptoms or even names of diseases ; they do not aim at removing symptoms only—they aim at getting down nearer to causes, and removing these as well as symptoms.

Chief among causes they recognise wrong or mistaken thoughts—such as ignorance of the A B C of health, and acquiescence in diseases as an unavoidable misfortune. Among other causes they recognise clogging of the blood-stream ; over-acidity and fermentation ; weakness of blood, nerve, and muscle ; displacement of organs ; hereditary tendencies ; and what we may call the vicious circle. As an instance of the latter, depression may lead to a craving for stimulant, which may lead to a taking of stimulant, which may finally lead to more depression. Again, excessive fatness may disincline to exercise, and may actually incline to foods and drinks that are fattening, and so the abnormal state increases itself.

But the chief cause is always recognised as ignorance. This is not in order to make readers despair, but to make them hope. Much hope lies in our present ignorance. If with all our ignorance and consequent mistakes we are still alive and occasionally happy and fit, then with more knowledge we shall work wonders. We must have hope, also, so long as the desire to restore poise and Fitness exists in us. (That this desire—one of our most essentially divine tendencies—does exist, is proved by the very craving for alcohol, drugs, and so on, which is usually a desire to restore poise.) What we need is not to refuse to restore poise, but to try to restore it in a more sensible and permanent manner.

Yet there must be no worry on the one hand any more than there must be carelessness on the other hand. As Horace

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Fletcher has ably described it, there must be forethought without fearthought.

After the forethought has been exercised, and ways have been mapped out and tried, we must judge by general effects. But here let the reader take serious warning. We must not judge by the immediate effects, which may be extremely unpleasant, as will be easily understood if the following important theory is studied. Suppose that the system is beset with poisons which are stored up in its odd corners, so to speak, lurking privily in secret places, but trying to come out of the system by entering the blood-stream first. Each time that they enter the blood-stream they tend to cause depression. Yet, unless they pass into the blood-stream first, they are unlikely to pass out of the body. The person who takes stimulants will probably drive back these poisons into the "corners" out of the blood-stream, and the immediate effect may be satisfactory. But the person who takes only pure foods etc. will no longer drive these poisons back into the odd "corners." Let these pure foods etc. be continued for a long time, and by degrees the excessive poisons will all go into the blood-stream, and thence go out of the system altogether. It is while they are in the blood-stream that they cause discomfort. The process of cure may therefore be extremely unpleasant, and may seem the very reverse of cure unless one understands the theory, and until the final effects arrive.

It is only theory. Yet such theories are a most useful makeshift, giving you enough faith to begin and adhere to a reasonable experiment. That is all that this Series demands: not an absolute belief that any given cure will certainly succeed, but only enough faith in the chances of success to encourage individuals to make their own fair trial for themselves. No man can breathe for his brother, each must breathe for himself. Though we may be told that some other person will "cure" us, the best he can do is to "treat" us in order that we may cure ourselves.

The methods—at least in the volumes for which the Editor is personally responsible—are based almost entirely on the personal experience of himself and of his friends and correspondents. Much of the advice will need to be adapted to personal requirements, and to be supplemented by whatever else has already proved to be useful. The Editor will always be glad to hear of any additional or alternative aids to the all-round Fitness at which we are aiming, and of any additional subjects that may be dealt with in subsequent volumes.

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PREFACE

SURELY to the frequently beguiled reader and learner a most welcome change will be a System which is *not* complete, *not* perfect, *not* appropriate for all alike, *not* interesting to all alike, *not* altogether original, a System which merely claims this — that for many Anglo-Saxons to-day it may be nearly as good in its all-round effects as any other single System, and that in its claims it tries to be above all things true and fair and reasonable. Of course I hope it will meet and satisfy part of “a long-felt want,” as they say ; that it will satisfy the whole of this want I emphatically deny. The System seems to me to have certain merits of its own, which I shall explain directly. But it has neither the pleasure of a game (for those who like a game !) nor the systematic training of a comprehensive drill (which, by the way, does not yet exist !) For such as enjoy play and the memory of play, it is less pleasant and more methodical than most play, more pleasant than most drill. As to whether it is less methodical than most drill and so-called “ Physical Culture,” I do not pretend to know. But this I know : drill and “ Physical Culture ” which neglect or even despise the arts of breathing, of muscular relaxing and repose, of brisk full movements in both directions, of athletic promptitude and quick control of unexpected movements, and other matters also, should not throw stones. They should use the stones to build their own cottages with. For such arts as the above are what man and woman, boy and girl, need to-day more than ever before.

Thanks to modern conditions, especially city-life, with its physically *sedentary* yet *nervously hurrying* brain-work, its cramped positions in foul air, its lack of healthy movement and play, a very large Anglo-Saxon public seems to be needing a brief and definite and attractive Course of

exercises (including some for breathing, for relaxing and repose, for the big trunk-muscles, etc.) that do not claim more merits than they really possess ! It is essential that the public should be protected from fraud, and should be told the limitations to what any given drill is likely to achieve. In contrast to most advocates of special "Systems," let me repeat at the outset that the scheme offered here (1) is not perfect or complete, but hopes for considerable correction by experts, and anyhow needs intelligent adaptation to individual cases—as all Systems always must ; (2) is not primarily for health, strength, beauty, character-building, or exhibition. Had I been keeping such aims in view, I should have devised a set of movements on somewhat more "scientific" principles.¹

~~The chief object has not been hygiene but interest,~~ And the main interest is that the movements may fit an ordinary boy or girl (or man or woman) for reaching a reasonable standard of success in most branches of games and athletics, and at the same time may be sufficiently like the right movements of these as to give the practiser some of the pleasure of actual play, some imagination and sense of that fine drive at Golf, that pull for four off a full pitch or short ball at Cricket, that long drop or punt at Football, that backhand shot across the court at Lawn Tennis, that duck and the tap on the opponent's nose at Boxing, that high jump just clearing the cross-bar, that left-hand volley close down the side-wall at Fives. For the oftener the average person can do these things, the more he will like his play and profit by it, and the more inclined he will be to play or take exercise instead of loafing.

These, it is hoped, will be the feelings and ambitions that will lead many to try the exercises and then to continue—this is the difficulty—those at least that are most pleasant and useful, and teach them to others. For we believe that no parent would be sorry to have a son or daughter who was able to play games reasonably well ! And if, meanwhile, it is found that the health and figure and carriage and general appearance are improving, that the bad digestion or constipation or slackness or sleeplessness is disappearing, that the nerves are in a better state, that the will is becoming stronger, that self-control and self-respect and a wholesome desire for all-round Fitness are on the increase, there is so much extra advantage in the system, and so much extra

¹ A Health and "Physical Education" Course I reserved for Cassell's "Physical Educator," Part I (Jan. 1904).

incentive for living and progressing and developing instead of existing and "stugging" and degenerating.

But, though the system has helped me considerably in the above ways, it does not set forth such things as its initial motive. It offers first and foremost a plan for mastering an Alphabet of games and athletics outside the games and athletics themselves, so that he who has learnt the letters may then proceed, as it were, to spell out words, and to write interesting sentences and paragraphs and chapters in the actual games and athletics, without being obliged to bother about the shape of the letters. Having made the correct mechanisms practically automatic and a part of himself, and having also made himself somewhat fitter, he can now "play while he plays." For, as the greatest among self-taught and self-drilled batmen, Mr. C. B. Fry, remarks in a chapter on Cricket:—

"Probably the idea may amuse you, but I really believe that outside correct batting practice nothing would be more conducive to the acquirement of skill in batting than cultivation of the art of step-dancing. Why? Simply because the fundamental requisites in batting are balance and quickness of foot.

"To use your feet neatly and quickly in such a way as to be in the correct position for every stroke you make, is the great secret of good style: that, and perfection of balance. Very few cricketers thoroughly understand this, but it is, I think, incontestable. And, *mutatis mutandis*, I believe the statement holds also not only in games like tennis, rackets and fives, but in boxing and fencing.

"These games, by the way, as well as boxing and fencing, are excellent adjuncts to cricket. Rackets teaches you to watch the ball and to be correct on your feet. Boxing and fencing promote balance, quickness, and harmony of hand and eye. All of them promote correctness in the disposition of your weight, and the transference of it from foot to foot.

"I know of no surer way of improving your strokes at cricket than first of all to discover how each of them ought to be made, and then to think out how your other games or pursuits can assist you to attaining this correctness. For instance, a batsman who is at pains to master the correct play for the off-drive might conquer his difficulties by practising in correct form the forehand stroke at rackets.

"It is remarkable how much a player can improve himself by simply practising strokes with a bat and no ball or bowler. But this is easily understood when you perceive that the actual correctness of a stroke, so far as the movements of the feet and of the arms are concerned, is entirely independent of the ball. To make a stroke with the correct action and to time the ball are two distinct things; both are necessary in a match, and you can learn the second only with a ball bowled at you; but the first you can certainly to some extent acquire by mere chamber drill.

"It is also worth knowing that much may be done with a ball hanging by a cord from a beam or a tree. A little ingenuity renders practice at the swinging ball quite valuable."

That the exercises are not the best possible, even for

their present purpose, I am quite prepared to be convinced ; I shall welcome and adopt all good emendations. But at any rate the exercises are definite and concrete ; they can be practised, without strain, in a short time, in a small space, without great expense—the only necessary apparatus being the “inclined plank,” a large looking-glass, and perhaps the “extending” exerciser and some attention-mark, all of which the individual can make privately for himself at a very small cost, if only he cares to take the trouble. The apparatus may be had from the Sports Manufacturing Co., of 30, Cheapside, E.C., and may be seen at the St. Andrew’s Gymnasium and Open-air Training ground at 63, Uxbridge Road, Ealing. Lieutenant Flynn, who has learnt and taught the Army Course, the Ling System, Gymnastics, Boxing, Fencing, Clubs, etc., has undertaken to learn and teach these exercises also, in case any reader wishes for a personal instructor. I can guarantee that he does the exercises as I should like to do them myself, and that he will teach them thoroughly and patiently. I have been learning Clubs from him, and can answer for his good temper under severe provocation ! He has helped me with most important suggestions throughout my work, and especially in regard to the exercises which belong to all good systems. I feel that the offer of personal lessons by a recognised teacher of practical Physical Education gives this little book a value which otherwise it could not possess. I trust that other experienced instructors will be equally kind and useful to myself, and hence to the readers of a later edition of this book, should it be required.

I take this opportunity to invite the criticisms of reviewers, so many of whom have been in their time, or still are, lovers and exponents and promoters of, as well as theoretical authorities on, the many departments of Anglo-Saxon games and athletics. I trust also that the members of the Medical Profession will have their candid say, whether that say be for or against the idea. But I would ask them first to notice that I urge people to have their health tested before they start any vigorous or prolonged exertions, and even then to avoid strain and to increase the extent, rapidity, number of times, and variety of the exercises very gradually, doing a few movements wisely and quite well rather than many movements rashly and incorrectly or to excess. And I urge all readers to note what my System does *not* claim to be or to do.

In another booklet called “Let’s Play the Game,” I

have tried to show how this is a phrase to "convince" and move all genuine Anglo-Saxons to better action. Though any paraphrase must miss the living heart and mind and body of the original play itself, when, for instance, Mr. P. F. Warner's M.C.C. team is fielding or batting or waiting through a hot Australian afternoon, yet this may help: "Let's be as skilful as we know how; and let's be plucky; but let's be fair." Now, obviously this book is not a text-book of pluck, nor of fairness. It is not even a text-book of skill. For skill is due largely to physical fitness, to mental tactics, and head, and eye, and ear, and memory, and discrimination. But its principles and its exercises are, we believe, in the direction of physical fitness, since they attend to the large trunk-muscles, to breathing, repose, positions, extensions, poise, promptitude, and so on. They are almost certainly in the direction of skill, not because they are actually "playing the game," but because they are giving the beginner and the duffer better tools to play with; they are giving him a safer and more "careless" mastery of those mechanisms without which he will have to rely almost entirely on his "eye" and other signs of a "genius."

Here is an example. I play Billiards badly. I have not yet mastered its mechanisms—how to hold the cue, etc. I have not studied its angles at all carefully either. I have just played Billiards now and then, "for the fun of the thing." Any public-house loafer with half my physique and a tenth of my eye could easily give me points. How? Because he has the technique. But allow me a month of study and practice, and I'd undertake to beat him easily. How? Because I should have the *technique* then, and also the physique and the eye and the mind.

I have the mind of the duffer who knows or can soon find out why he is a duffer, and I have the mind of the learner who can and will practise the mechanisms, being convinced by experience that, *if skill in the game is worth while for me*, then practice of the mechanisms, practice outside the game itself and in the bedroom or elsewhere, is also worth while *for me*; being convinced that after a short time such practice of the mechanisms—the positions and movements of feet, legs, trunk, arms, and head—will become part of myself, so that in the game I shall have my mind free to devote to the ball, the tactics, and my opponent. In other words, I shall have trained my little army and its officers beforehand, and now during the battle I shall not have to move and

work the Maxims myself. My conscious mind will have trained its under-mind and under-minds to do my pleasure without care.

To the merits of being in most things a very great duffer and a very inquisitive learner I hope I add a third merit—that of being a comparatively honest advertiser. I offer the exercises which I have found most useful for certain games, and not useless for general health and fitness, up to date. If I can devise a better set, I shall have no shame in re-writing this little book, and in having it re-illustrated by Miss M. Dovaston, whom I wish here to thank for the excellent way in which she has carried out my ideas.

EUSTACE MILES.

Cambridge, January, 1904.

PART I

INTRODUCTORY CHAPTERS.

CHAPTER I

THE VALUE OF LEARNING A FEW THINGS WELL.

IN "serious" matters the value of learning a few things well must be obvious to every one. Let us take the example of the typist. She knows that certain letters and words will constantly occur, especially words like "the" "and," "to"; if she spends a certain time in mastering these words, so that her fingers can pass most rapidly from "t" to "h" and from "h" to "e," and so on, then she has, ready and practically automatic, a time-saving and labour-saving mechanism within herself. So it is in piano-playing. The left hand will certainly have a number of chords to play again and again. Let it master these, even at the expense of considerable time and trouble, and the consciously thinking brain will be relieved in the future. The advantage is not obvious during the practice; it does not appear until the playing begins; then one blesses one's past carefulness.

Let a person, again, learn the correct pronunciation and intonation of three or four French sentences absolutely correctly; let the French habit of speaking, the French movements of tongue, etc., be thoroughly mastered, and half the battle of speaking French is over. Or let a classical scholar study the first few lines of Vergil's "Aeneid"; let him "read them by day and think of them by night"; he will find that in the first three lines alone there are more than ten idioms and peculiarities of Latin poetry in general and some of Vergil in particular. If he has done his work well, the study of Latin poetry, and indeed of any poetry, will

henceforth have become somewhat easier and somewhat more profitable.

To take another classical instance, let us suppose that one has to turn a piece of literary English into Latin Prose. The first necessity is to find out the exact meaning. Learn one thing well; learn it as a theory and learn it by constant concrete practice, and again half the battle is won. That one thing is to answer the question: "Who does what?"—to form a clear picture of some one or something doing something.

Another instance, this time from Golf. Acquire the power of keeping your eye on the ball and of using your trunk properly (as in the exercise in the next chapter), and you have two habits of enormous value in other games, to say nothing of their value for the mind and for health. For ball-games like Racquets and Lawn Tennis, as well as for Golf, it is essential to face not in the direction in which one wishes to hit, but sideways. I have never regretted the hours I spent in repeating foot-drill for games—a drill which now enables me to pass into either one or the other sideway position without difficulty or conscious thought. This position enables me to put more force into the stroke, and to make it with greater freedom and swing and safety.

For it is also useful to know the reason why, as in this example: not merely to know that it is good to face sideways, but also to know why it is good.

Having mastered a few principles in one or two subjects, it is very easy to transfer these principles to other subjects. Consider a correct stroke in Lawn Tennis or a correct movement in Rowing. It seems simple when performed rightly by an expert. The beginner, however, unless he is a genius, will err in one or more of many details. In a common Lawn Tennis stroke it is possible to make more than ten mistakes: to make any one mistake without the others or to make several together. The only way in which I could master the stroke at all in any games was to master the parts of the stroke one by one—first the foot-drill, then the trunk-movement, then the arm-movement, and so on. This gave me a number of simple and easy exercises on which I concentrated my attention during bedroom practice. Each week a link in the chain was strengthened independently. Here is a principle which it is important to learn well and then to apply to most other subjects.

At the risk of being egotistical, I quote another sphere in which this principle has been applied with advantage.

At one time I could never write an essay. At school and at Cambridge not one of my essays was ever praised. That was because I tried to do the whole essay as a single process. Then, having found the principle of learning a Lawn Tennis stroke part by part, I applied this principle to essay-writing, and the result is that I can now write an essay or article (not a good one, but better than it was) in two processes. This is the fruit of having written it in many processes and having practised each process by itself, part by part. At first I had to collect ideas; select the most important; underline the most important of these; arrange all the ideas, connecting those that were neighbours; then, and not till then, express these ideas clearly, etc.; and finally revise the manuscript.

In essay-writing I also came across another principle which I have found valuable: namely, the use of complete lists. I have a complete list now in one of my bags. In the first column is a list of all the things that I may want for a game—flannels, shoes, etc. In the second column is a list of all the things I may want for a visit—dress-clothes, dress-tie, etc. Having this complete list, I cannot possibly omit any important item; it relieves me of trouble. I have used it so often that now I know the list without looking at it. I have similar complete lists for essay-writing and for many other subjects.

In diet it is equally important to learn a few things well, and especially to learn what foods contain Proteid. The other parts of our food-supply are good, giving us fat and heat and bulk, etc. Such things are easy to get. It is more essential for us to remember how vital the Proteid is and what are the sources from which we may obtain it—if not from flesh, then from milk-proteid, cheese, nuts, pulses, and so on.

For games and athletics it is equally useful to learn a few things well. To illustrate this, let us take four sample exercises, which would make no great demand upon our time and energy, and let us notice part of their value. If any one neglected the rest of this Course and simply learnt these four exercises well, there is scarcely an active game at which he would not improve, if he were, to start with, as bad a player of games as I used to be. For most of the active games involve such movements as can be partly mastered by these few exercises.

CHAPTER II

FOUR SAMPLE EXERCISES, AND SOME OF THEIR USES

HAVING tried to show that it is worth while to learn—or, rather, *to have learnt*—a few things well, if the few things be carefully chosen, I now offer four exercises which it seems worth while to learn well. Any one who intends to take up this system of training will find it useful to master these four and to study some of their effects before he goes on to the rest of the series. The instructions for the use of these and the other exercises (see Chapter V) should be read before the practice is begun.

SAMPLE No. I

Stand in an alert position (Fig. 1), not in the slack

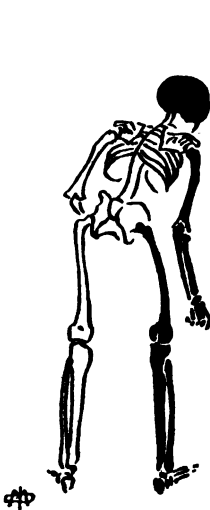


FIG. 1.—An Alert Position (after Latham).

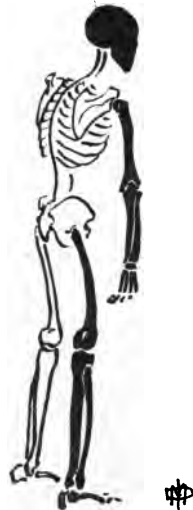


FIG. 2.—Wrong position.

position (Fig. 2). Now reach down with the right hand to a place slightly to the right of the right foot, bending the left leg as little as possible (Figs. 3 and 4). Pick up an



FIG. 3.—Stoop and pick up an imaginary ball (after Marlow, from Ranjitsinhji's book).

imaginary ball; regain the upright position, and bring the right hand and arm and trunk back and down as far

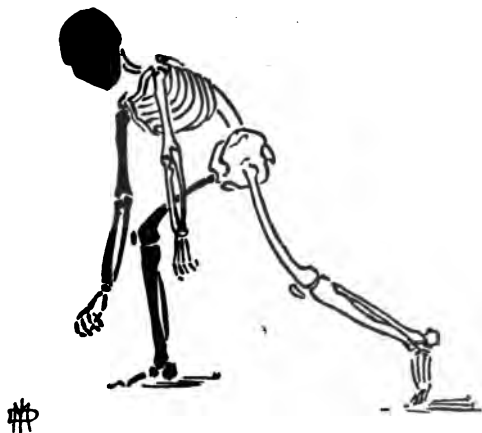


FIG. 4.—Rise (after Marlow)

as they will go (Fig. 5). Now swing the right hand and arm round and up as far as they will go, as you would in

bowling overhand (Fig. 6.) The movement should end up with the hand well out and down, as in Fig. 7, which should probably have the toe pointing straighter forwards, and the first and middle fingers pointing towards some mark on the wall. At the end of this bowling-action the right leg should be quite stiff and fully extended. Now come



Fig. 6.—Bowl (after Hirst, adapted). But point the left foot straighter forwards.

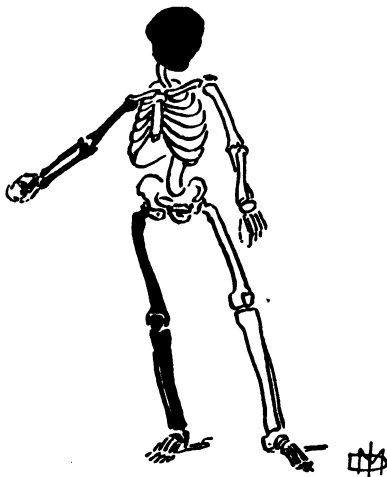


Fig. 5.—Draw right hand and shoulder back (after Hirst, adapted).

back from that position with a kind of swimming stroke with the right arm: that is to say, bring the right hand back and away towards the right in a good sweep, and at the same time draw back the left leg to the alert position of Fig. 1. All the time be careful to keep the left hand hanging relaxed and easy.

Now do this exercise with the left hand and arm instead of the right. Fig. 8 shows one of the left-side movements.

Later on it will be well to take a deep breath in through the nostrils before you begin the movement and to let the breath

go out as your right hand goes down and forwards, breathing in again as your right hand comes back. But it would make the exercise too complicated to trouble about this at first; already it is elaborate enough and needs great care.

This is an exercise with many advantages. It suggests stooping, somewhat as one has to stoop at Cricket, though there is a special exercise for that later on. It suggests bowling, and part of the breast-stroke in swimming. It has a *souçon* of play, for it is near enough to the original to remind one of it.

The breathing, if the air is fresh, tends to energy. The relaxing tends to economy and gracefulness. The stretching counteracts the cramping effect of modern life in crowded cities and rooms. Play is given to important muscles of trunk, shoulders, neck, legs, arms, and feet. The exercise is good for digestion and excretion. Not only does it stretch the muscles but it also squeezes them, thus

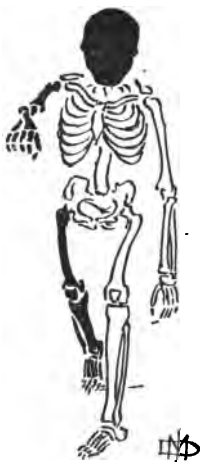


FIG. 7.—Come forwards to full extent and point at some mark, but keep the front foot pointing straighter forwards, rather than as in this illustration (after Hirst, adapted).

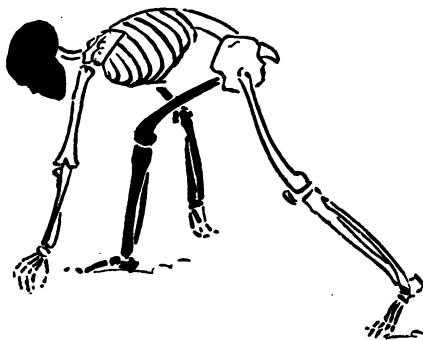


FIG. 8.—Sample of a Left-Side Exercise.

serving as a kind of massage to remove the impure blood and to let purer blood flow in and feed the muscles. At the end of the exercise is recovery of poise and alertness.

The two sides of the body are used independently, each side resting in turn while

the other is exerted. This rest and relaxation is very different from stillness. One may keep the hand still at the expense of great effort; that is not the same as repose. Nearly every System neglects repose: Sandow's is the most glaring example. If a person always uses the spring-grip dumb-bell, neither hand nor arm is ever at rest for a single second.

No. II

Stand in the waiting position or as in Fig. 9, with a stick or a light club held like a Cricket bat in the two hands;

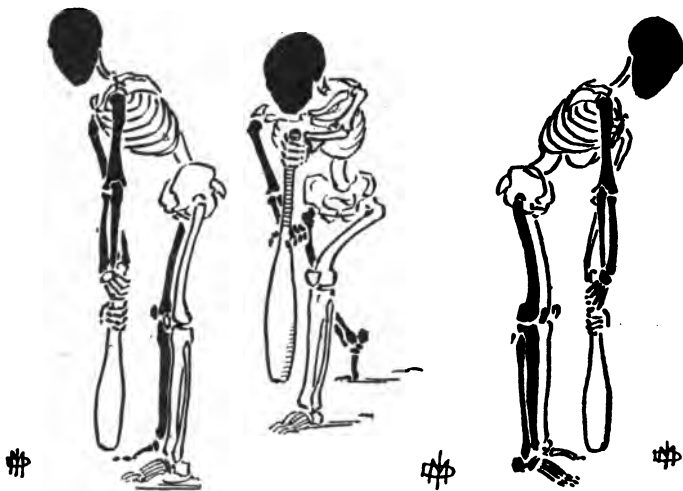


FIG. 9.—Wait (after L. C. H. Palaret).

FIG. 10.—Lunge forward, and keep the front foot pointing straight forward (after Abel).

FIG. 11.—Beginning of the Left-Side Exercise.

do not grip it too tightly. Now lunge well forward with the left foot, keeping it along a straight (chalked) line on the floor, and keeping the ball and toes of the right foot on the ground. Let the weight of the body and the head come well over the left knee. Send out the left hand towards some mark (on the wall) slightly to the right of the left knee, as you would in playing forward at Cricket. There should be a full extension of the right leg, and left

arm, and a good stretching of the right shoulder, as in Fig. 10. Then recover your poise and return to the alert position.

Do this exercise with the sides reversed, as in left-handed batting, beginning as in Fig. 11.

This exercise is useful for lungeing in general, and especially for forward-play at Cricket, and for recovery of balance and readiness to run ; hence it will be useful also for Boxing, Singlestick, etc. In aiming the left hand towards a mark on the wall, one has to be accurate and to develop judgment. If one goes too far towards the left—as one probably will—then one can cultivate accuracy by aiming purposely too far towards the right. The movements have general advantages somewhat like those of the first exercise : for example, the two sides are exercised almost independently ; this gives one more control of the body.

It is important that a similar exercise should be done with the left side after it has been done with the right. This is a great fault of British games—that they leave the left side so undeveloped. They cannot neglect the left side of the body without neglecting part of the brain.

No. III.

Stand in the ordinary position, with the feet firm, and with a Golf-ball (or else, if you like, some white mark) on the floor in front of you about 18 inches from either toe. Keep your eye on this mark throughout this exercise. It will be a help to do the exercise with a light club held in the two hands. Bring up the club as if for a full swing at Golf, well behind and to the right as in Fig. 12, but do not take your eye off the ball ; then make a full swing, following the stroke through and out as far as it will go. You cannot do better than watch a good Golf driver at work. You will find that this movement will carry you off the right foot on to the left, and the right foot will be as in Fig. 13 at the end of the stroke. Now make a similar movement as if for a left-handed drive.

This is an exercise in the use of body-power, for it brings many of the strongest trunk-muscles into play, and it is extremely healthy for several reasons. Needless to say, it is good for the drive at Golf, the pull at Cricket, and the body-swing which is required to throw the Hammer ; and also for Lawn Tennis, real Tennis (especially for certain

services), Wrestling, etc. Whereas Exercise No. II was practice in accuracy, Exercise No. III is practice in con-



FIG. 12.—Beginning a Golf swing
(after J. A. T. Bramston).

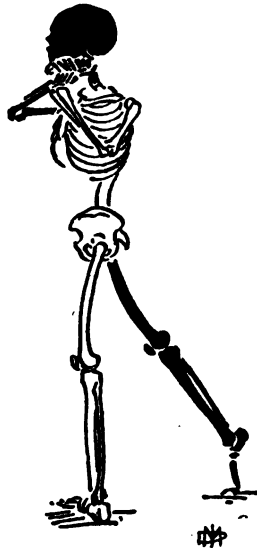


FIG. 13.—End of a Golf swing.

centration ; it has similar general advantages to Exercises I and II.

No. IV

Stand in the ordinary position (Fig. 14), and be careful throughout the exercise not to let the chin come forward and also not to let the back be rounded ; keep the chin in and the back hollow.

Draw the right knee up and pull it up as far as it will go, with the clasped hands (Fig. 15) ; then kick the toe down and in front of you with a not too violent jerk, as in Fig. 16 ; then kick backwards with vigour as if you were trying to kick yourself with your heel (Fig. 17). During these movements be sure that both hands are relaxed and not gripped tensely. Next do the foot-move-



FIG. 14. Ordinary Position.



FIG. 15.—Bring the right knee up.

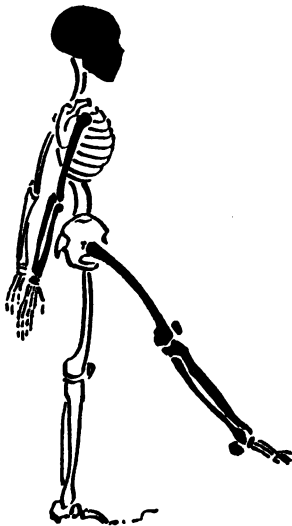


FIG. 16.—Shoot the right leg out in front.



FIG. 17.—Kick back with the right foot.

ments of Figs. 18, 19, 20, which belong to the Macdonald Smith System. Then stretch the stiff leg well out behind you (Fig. 21), swing it forwards, still stiff, well in front of you, and come to the alert position of Fig. 1 (page 22).

Use the left side similarly. Fig. 23 shows a milder form of the movement of Fig. 15.



FIG. 18.—Foot-Exercise.

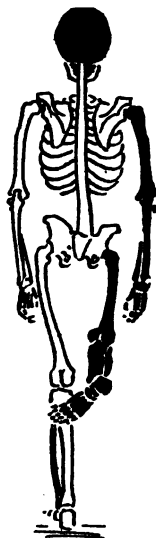


FIG. 19.—Foot-Exercise.

This is a good exercise for mountaineering and for going uphill and upstairs ; it is of course useful for encouraging a freer walk and run ; combined with the relaxing of the hands, it gives relief after brain-work by drawing the blood towards the feet and by removing tension.

All these exercises are good for the breathing and for the trunk-muscles, helping both the digestion and the excretion. In general life, they give one greater power ; for there is no doubt that the trunk-muscles are the strongest and the best to use in many kinds of daily work where now we too often use our wrists.

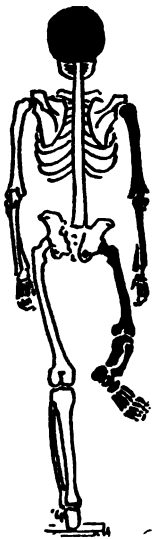


FIG. 20.—Foot-Exercise.



FIG. 21.—Swing back the straight right leg

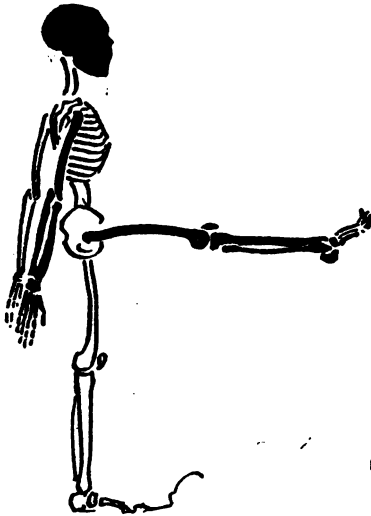


FIG. 22.—Swing the straight right leg forwards and up.

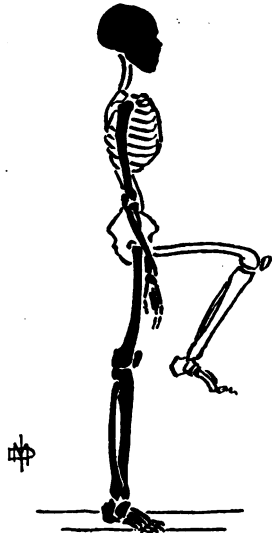


FIG. 23.—A gentler form of Fig. 15, for the left leg.

All are to some extent practice in alertness ; in the keeping or the rapid recovery of balance after full extensions and contractions or squeezings of the muscles. These extensions and contractions massage the muscles and the organs ; it is as if we were squeezing out a dirty sponge, thus enabling it to receive fresh water instead of foul.

The independent use of the two sides, one side working while the other rests as completely as possible, is a feature neglected by almost every system of physical culture.

Although we are not quite in favour of an equal skill with right and left sides, the left side has no excuse for being as incompetent as it generally is. Our System attends to the left side and its independent use.

Altogether these exercises, done twice each—that is to say, twice with the right side and twice with the left—take me about two minutes.

CHAPTER III

ADVANTAGES OF THIS SYSTEM

MORE than 70 per cent. of us are living a city life in which humanity is compressed and competing in a severe struggle, with much wear and much strain upon the brain. In this life we are constantly in the wrong positions, and, even if we were in the right positions, our clothing would usually deform us. It is not as if the rest of our life were simple, for in cities there are more stimulants and narcotics before us, and more temptations, and fewer outlets for physical energy. There is little play, little exercise and little drill. In fact, few of us can tolerate drill without some definite object in view, as when we volunteer.

So to-day more than ever we need every atom we can get of sensible all-round physical education with regard to what is healthy, beautiful (or not so ugly), useful for the intellect, useful for the character, useful for the commercial life and economy.

This education must not take up too long a time, but some of it is sorely wanted; as is shown by the physical deficiency (rather than degeneracy) of the British people. Statistics about recruits and populations of poor towns, statistics gathered together by individuals or by commissions, the very sight of the masses of people, the hosts of advertisements of "cures," and the hosts of hospitals, doctors, etc., are all proofs that we need physical as well as mental education.

But this education must be interesting if it is to appeal to the majority. One might as well offer them food without taste as exercise without attraction. Food without taste will nourish the body to a certain extent, but not so well as if it were healthily flavoured.

Hence it is a great mistake to force upon us the military drill or some system of some foreign nations, and especially a system which forbids the individual to be original. The weakness of such a system is exposed directly the individual is left to practise by himself or herself after the

group-drill. From that moment the work generally becomes dull and is neglected.

On the other hand there has been a perfectly fair outcry against games and athletics, serious people objecting that we already play them too much. These people contrast them on the one hand with physical education for healthy development and discipline, and on the other with work. But the outcry should be made against games and athletics when played in excess and when played badly, not against games and athletics at their best, when played in moderation and played sensibly ; for games and athletics are anyhow effective in their moral and social influences, and they are an incentive to Anglo-Saxons to take exercise.

And they would be almost a complete physical education, with very few additional helps, if only they were reasonably prepared for, adapted, supplemented by left-hand play, etc. ; and, last but not least, understood and appreciated.

It is the aim of this Alphabet of games and athletics to interest people because it will probably improve their play itself, and will enable more people to play with more satisfaction, and therefore will spread games and athletics among a vaster public. For, in spite of the brave show which Anglo-Saxons make as players of games, nine-tenths of us scarcely play at all.

This motive will not appeal to every one, but it is not the only motive which the Alphabet can offer. It can offer a certain amount of improvement in personal appearance—complexion and figure and general gracefulness. It is not a Course that makes a large demand upon money, time, space, or energy. That is in its favour again to-day when we are hard pressed for all these desirable things, and cannot spare much of any of them.

To others a stronger incentive may be that the exercises are good for the character, and especially for self-control. They give a motive for self-control, and they supply a healthy imagination—the imagination of play.

They have more than a few of the advantages of games and athletics themselves, which are in reality arts, and should be treated as arts, and not only as frivolous recreations. It is probable that any one, who practised the Alphabet intelligently and regularly, would play games better, with more success and more health, as the result. For the Alphabet teaches a person to use his large muscles, and much of our health depends upon exercise of these. He would not be obliged to play games themselves so often,

though he would enjoy them just as much or more when he had the chance of playing them. Ten minutes at the Alphabet would keep him in as good training and practice on most days of the week as an hour or two at the play itself. He would be able to play now, and with some skill and success, instead of merely watching others at play. At present I suppose people watch, and do not play, chiefly because they would not play well enough to enjoy the game, and because they are not "fit" enough to play with safety and comfort. They are out of practice and out of training. Now, at short notice, they would be able to play without severe training, and be able to play a greater variety of games.

The movements which we suggest will be useful for a number of purposes. In crossing a crowded street they are of some help; they enable one to start and change one's direction quickly; they make one observant; they should raise one's standard of skill at Cricket, Football, Hockey, Golf, Lacrosse, Lawn Tennis, Fives, Tennis, Racquets, Shooting, Walking, Running, Jumping, Wrestling, Boxing, Fencing, Swimming, Rowing, Throwing the Hammer, Putting the Weight, Gymnastics, and Dancing.

A few quotations as to the advantages of such practice, which Mr. Edward Lyttelton and Mr. C. B. Fry call "bed-room-practice," are given in a special chapter; but among the best authorities to justify us in practising for games and athletics are animals. As animals practise games, and move about, in preparation for their serious after-life; so we may practise some such Alphabet as this in preparation not only for our after-life, but also for those games and athletics which to us, as Anglo-Saxons, will be as serious as any part of our daily life. "If you cannot be serious at Golf," said a player not long ago, "I don't believe you can be serious at anything."

When we study the movements of animals, these should give us a clue as to the right movements of the animal man. As preparation for life we may find that these movements are an outlet for energy, a recreation, and a hobby; that they are a training for life and for health; that they combine in themselves the play of games and a certain mental and moral education. In fact almost the whole education of the young animal is by play and movements.

Now we differ from animals in this: that we distinguish play and physical education; and that we—so "unnatural"

is our life in cities—do not either play or physically educate ourselves by instinct. Our first steps must be conscious ; afterwards we may re-establish the correct instinct.

It may be asked, How does this Alphabet differ from other Courses of physical education ? Let us contrast it with a few of them. The military course has interest for many, but it may make a man stiff as well as strong, and it does not exercise his two sides independently, one working while the other rests ; indeed it includes no exercise for repose. The same applies to the Sandow Course, which is often found positively injurious to athletes, who require prompt power to perform unexpected movements quickly. The Ling System is to many a tame system, unlike anything in which they are interested. It also neglects repose of the part which is not being used. The Delsarte System is a system chiefly for repose, but it also is tame, and has in it no briskness whatsoever. The Macdonald Smith System has little or nothing but brisk movements. It, again, does not attend to repose and economy of the unused parts. I am speaking of it as published. Another System (said to have been invented by Sir F. McCoy), consists chiefly of tense and slow movements. However excellent it may be for the organs, it is a strain-system ; it ignores repose ; it is not published. Gymnastics are very much published, but are also for the most part tense and devoid of repose. They too often bring the shoulders forward, and leave the legs underdeveloped, though for remedial purposes, and generally, under the care of a sensible teacher, they are invaluable.

Games and athletics, on the other hand, cannot be called a System or a Course ; they are too haphazard. Especially do they leave the left side unattended to ; and, whatever may be their merits for the skilful player, for the duffer they only give about a quarter of the health-exercise that they might give. Walking, Running, Swimming, etc., are excellent, but too often they are wrongly done, and bad habits are acquired and made almost uneradicable. That is the case also in gardening—witness the shape of the typical gardener in the country.

This Alphabet will, it is hoped, in no way interfere with any good Course or System of scientific exercise ; but for a certain number of people it will have not a little interest and actual enjoyment, because its movements suggest something which they love and enjoy doing. We must never under-estimate the effects of enjoyment upon the

blood and the whole body—not vague effects, but chemical changes of a thoroughly healthy kind.

Though the Alphabet is not complete, yet it does attend to matters which most other courses neglect: first of all, the breathing, which eliminates waste-matter, helps people to assimilate what they eat, improves the condition of the nerves; then the repose and economy of the muscles and nerves; then their practice in promptitude and briskness; then the free extension of the body in different directions; then its balance and poise.

In addition, the Alphabet has the well-known advantages of all good exercises, being practice in concentration, and increasing what is called the “metabolism,” altering the circulation, and making the whole life more vigorous. The exercises are a practice in self-mastery and self-expression, in self-correction and self-respect.

They are not without their intellectual effects, for if any one understands the principle of these exercises, and why (see Chapter I) it is important to learn the A B C of a subject well if he is ever going to use the subject in daily life, he will have learnt a lesson which he can apply to all subjects. Having found it worth while to master an Alphabet of Athletics, he will now find it worth while to master an Alphabet of whatever he is going to do. All his work henceforth is likely to be more methodical and more satisfactory. Incidentally he can gain some knowledge of Anatomy, Physiology, Hygiene, Art; for much of the best ancient art, and more of the best modern art than we think, is athletic.

Perhaps the Alphabet will be also a lesson in criticism, since the reader is urged to judge the system by its all-round results in his life, and to improve upon it constantly for himself.

For it is a tentative system, desiring alteration as well as criticism. It is meant to be an adaptable system; not a final law, but merely a beginning, a basis or nucleus which is certainly not complete, but is, we hope, safe and sound as far as it goes.

Now we would urge the reader to learn his Alphabet before he begins to write much; to practise it with close attention, adding to it and emending it as he finds good. He may expect, on the way, to improve his health, and especially his nerves, his personal appearance, and his character, and to increase his knowledge and his originality. But first let him decide whether games and athletics are

worth while ; and if they seem to be, let him master an Alphabet of them. Well, are they worth while ?

The reader should decide for himself—no one else can do it for him—how far games and athletics are worth while in the light of their all-round effects ; how far this Alphabet would improve his standard at games and athletics, and keep him in training for them without the necessity for that regular practice and play which he probably will not afford. Then, according to the value of games and athletics and this practice for them, let him spend time and focus attention on our exercises ; not following them slavishly, but omitting and adding as he finds it advisable, adding especially particular exercises for particular athletics : for example, some of those in "A Book of Golf." Let him try the exercises fairly and judge them by their results. A fair trial is described in the special chapter of instructions. It includes correct form at the very first, and therefore, for most of us, slowness, and concentration of the mind upon the particular movement. There should be no strain, but a gradual increase of extent, pace, and number of times.

If the System fails to produce good results, then it fails, and there is an end of the matter. I do not guarantee its success, nor do I lay down any law here, any more than I do about diet.

In most games I am merely a beginner and a duffer. I write down what has helped me hitherto. Perhaps I shall have found something better in another year or two. What I do say is that a similar Alphabet has improved my games and athletics, and has increased my pleasure in them ; and, in life, has made me healthier and less deformed ; has improved my character, and increased my knowledge, and developed a freer originality. So this Alphabet may help others also : that is all I dare to say about it.

At school we were told that there were three kinds of sentences—Command, Statement, and Question. This book is not a Command, "Do this, everybody." Nor is it a Statement about the present and future, "It does and shall succeed." It is a Statement about the present and the potential. "This Alphabet helps me, and may help others." It is a Question, "Does it help you after fair trial ?" The fourth kind of sentence, the Exclamation, must be added by the reader himself after fair trial. It will be either "Yes" or "No."

CHAPTER IV

PROVISOS AND WARNINGS

It is often said that already we Anglo-Saxons pay too much attention to games. This is quite true of a number of us who play too much and also play too badly in proportion to the time spent. On the other hand the majority of Anglo-Saxons do not play our best games at all. They do not know how to play them. At first it might seem that this Alphabet of Athletics was a thing which would take up still more time over play. But its real effect would be far different. It would demand only a few minutes a day, and would not exclude other physical education. It would lead to a larger number of people playing a larger number of games, and soon playing them—let us repeat—with more success and with more enjoyment.

Another objection to any serious study like this is the old one that games are games, recreation and frivolity if you like, but not serious occupation, nor preparation for physical or mental life. In another volume of this series we shall answer this objection that games are something "light." The best players do not play in that spirit; rather they show an interest and earnestness, a dogged pertinacity, a gentleman-like courtesy, that many people do not show in any other occupation in life.

It may be urged, however, that games are good themselves and should be played with concentration, but that they should not be made a subject of systematic study. This is generally put in the form that it is a mistake to attend to the mechanism of play during the play itself. Mr. E. F. Benson, one of the most impartial and sensible of athletic writers, after he has suggested a few exercises for Golf, speaks admirably as follows: "This dull business of a chalked line and chalked footmarks is valuable for the correction of any error, because when nothing depends on the stroke much more attention can be given to method than when a hole and even a match hangs on it. It is

said there are forty-two distinct things to be thought of in driving, but woe to the man who consciously thinks of them when he is addressing his ball ! But in privacy, when no ball is there and no one is the worse for a missed shot or two, one can much more consciously and thoroughly devote one's mind to the method of the thing. A good eye is not a gift that can be bought in this way ; the correct application of acquired knowledge can. But it is dull : there is no getting over that, and being dull it is only recommended for those parents and guardians who take their game really seriously." Then, in a quotation which we shall cite in Chapter XI, he goes on to say : " Given he knows how to play a particular shot and wishes to practise it, he will certainly get to learn it quicker by a dozen carefully played shots a day in his room, than by a couple of wild strikes in a round at the game itself."

It is indeed a mistake to attend to the mechanism during play ; but to play with a wrong mechanism is a still greater mistake in whatever we are doing, whether it be piano-playing or chess or gymnastics or rowing. It follows that the best thing to do is to make the mechanism correct, not during the play, but before and after it.

A more serious objection might be that this Alphabet of Athletics would not help success at games : for example, that it would produce, not a conscious stroke (for universal experience proves that constant practice outside the play makes the play itself nearly automatic, and leaves the conscious mind free to think of tactics, etc.), but that it makes the stroke jerky—not a complete unit, but a series of detached pieces. This objection does not hold good in reality, although it sounds plausible in theory. Take Rowing as an example. Let any one study the rowing movements below. The accuracy of each part of the action is important. Attention should be paid—by ordinary people—to each part in turn. Finally, a single smooth stroke will probably be the result. It is the mind and practice that weld different members together into one stroke. In my own practice for Racquets and Tennis I can recall at least ten distinct portions of the whole stroke, but in actual play they now work all together, and the joints, so I am told, are no longer easy (or even possible) to detect. So it is with the parts of the Fencing lunge.

Others will bring forward a different objection : they will say, " We have got on well enough without any such apprenticeship ; therefore any such apprenticeship is un-

necessary." Now these are the genius-players. Somehow they do the thing right by instinct. They do not care at all that nine out of every ten people should do the thing wrongly because it is natural for most people to do it wrongly. The backward and the duffers do not enter into their list of people to be cared for. It is round the sun that the minor planets must move. But a better lesson is taught by many departments of modern education. What more hopeless sight than the poor children of criminals, drunkards, etc., in our gutters, unless indeed it be the young boys and girls convicted of theft and other offences, or unless it be the decrepit and maimed who seem to have no profession open to them. These we had neglected, until quite recently, as the most worthless class in the country. Now they are turned into the best workers and producers. The Poor Law Schools, the Reformatory Industrial Schools, and the Guild of Child's Play, and the Guild of the Brave Poor Things, are all turning the despaired-of into useful citizens. And we should do the same for the hitherto ignored duffers in play. We should give them a little help by which they may learn to play better and enjoy their play more. Our object is not to do away with other practice, still less to do away with play itself; we want to make the practice and the play more useful still and within the reach of larger numbers. Every Net-Practice and trial game at Cricket would have far greater value if an Alphabet of Athletics were mastered also.

Or perhaps this Alphabet might be contrasted not with games so much as with physical education of a systematic kind. It might be said that this Alphabet is not complete; that it needs supplementing. That is true, and we have insisted on this throughout—that the Alphabet, however well it be learnt, does need supplementing by other physical education, by games, and by work.

The movements in this Alphabet are not ideal movements; that also is insisted on. But the choice has seemed to lie between ideal movements and interesting movements, and we have sacrificed a little of the theory for the sake of the practice.

A still more important objection would be that this Alphabet is not a safe training for all. That is true, and a doctor's leave should be obtained after a thorough examination of heart and lungs, etc. It may be necessary to adapt the Course to the weakling and make the movements milder.

A last objection, that this Alphabet is not the best that could be devised even for games and athletics themselves, is quite sound. Hence we urge the reader to suggest improvements when they occur to him. These I shall be happy to adopt in future editions. For the work is at the best of a tentative nature, to encourage the reader to think and work out a scheme for himself, and especially a scheme with his own favourite forms of sport as the centre of attraction.

PART II
AN ALPHABET
CHAPTER V

INSTRUCTIONS FOR USE

Notes.—The hints in this Chapter are similar to those by which we introduce the Courses in Cassell's "Physical Educator."

Do not exercise too soon after meals, and do not over-exercise to exhaustion. This is an easier order to obey with regard to my Alphabet than with regard to games themselves, since there the excitement of competition often leads to excess. But it would be safer to have a medical examination before you begin the vigorous use even of these movements.

Do not breathe in through the mouth, except occasionally when the air is fresh, but breathe in and *well up* through the nostrils, and, as a rule, fully and slowly.

Secure the maximum of air and light, but the minimum of dust and clothing, and especially clothing that cramps you.

Do not use the parts that you would gain nothing by using; especially do not frown, and do not grip your hands unnecessarily.

Be sure to acquire correct form, even if this means many slow and careful and laboured repetitions, as it did in my own case. In my own case also it meant that a complex movement had to be subdivided into many parts, each of which I tried to master by itself.

Be regular. Regularity should be of occasion rather than of time. That is to say, you could exercise after waking, well before the evening meal, and just before going to bed. There should also be a regularity of place, the bathroom being one of the best places. This is for many reasons better than to have the habit of exercising say at 7.30 a.m.

At the time of exercise, concentrate the attention upon it, as if it were the only thing in the world; afterwards

see it in its proper perspective, as only a part or member of the whole life. As helps to concentration, the following hints may be useful—

1. Pre-suggestion. Say to yourself such a formula as :—
“ I’m going to do this as well as I can ; I’m not going to bother about anything else for the next five minutes ; this is simply *the* only thing to be done.”

2. Interest is the great help to concentration. Realise that the practice is worth while for many reasons, and therefore study the effects of this Alphabet, and of games and athletics. Also understand why such a system may be good.

3. Look at your muscles, either themselves, or in a mirror. This I have found useful at the beginning of practice. Later it may be necessary to fix one’s eyes on a spot, as on the Golf-ball in the Golf-exercise.

4. Apparatus may be helpful. One or two kinds (which are manufactured by the Sports Manufacturing Co., of 30, Cheapside, E.C.) are suggested in a separate chapter.

5. Keep records of your progress—the ease with which you can do a movement ; the number of times you can do it without feeling tired ; and the effects of it on your play. It is a help to write down the dates.

What I have called elsewhere the *résumé-plan* has been most valuable to me. Instead of trying too many things at once, first master one thing, *a* ; then add to it *b* ; then do *a* and *b* together ; then master *c* ; then do *a* and *b* and *c* together ; and so on.

In some cases co-operation may be useful. One person in a family or a school or a club may set exercises to another or to the others. It might be well at first to be taught the exercises by a trained instructor, who would see that they were performed correctly. Lieutenant Flynn, of the St. Andrew’s Gymnasium, Ealing, is willing to teach this Alphabet to individuals or to classes.

Vary the Alphabet by your own additional exercises and substitutes ; take as a model George’s “ Hundred-up ” exercise, and add special exercises for your special games. Adapt my exercises to your own conditions, altering them to suit your size and shape, etc. ; and kindly write suggestions of improvements to me. Also adapt them to your own conditions, especially to your conditions of time and energy.

It is better for most people to exercise the right and left sides separately, if they have time.

Most of the movements should be equally vigorous and full in both directions.

After the exercise, there should be a good wash first with warm and then with cool or cold water, followed by rubbing and massage and a few brisk movements to restore the circulation.

Hints about drink and dietary are reserved for another volume of the series.

CHAPTER VI

THE FIRST FIVE LETTERS: FOR GENERAL PHYSIQUE

INSTRUCTIONS SUMMARISED

(Similar Instructions are given in Cassell's "Physical Educator," Parts I and II).

1. Do not strain, but gradually increase the extent, pace, number of times, and the variety of the exercises.
2. Do not frown or grip unnecessarily. Do not use muscles that you would gain nothing by using.
3. Breathe in fully and slowly, as a rule well up through the nostrils.
4. Concentrate on each movement in turn, regardless of the rest, fixing your eye at first on the muscles which you are using, or their reflection in the looking-glass; then upon a spot on the floor or wall.
5. When the movements have become easy, imitate the whole game in an open space. This is healthy practice for the imagination, and should help the game considerably. Thus, imagine some one bowling to you, and make the various strokes correctly.

Our Alphabet begins with an actual A, B, and C—namely, Attention, Breathing, and Correction. Then will come Relaxations or Don't use muscles needlessly, and Stretchings or Extensions. Next will follow Positions, and Neck-Movements. The first five of these seven departments are best managed as an introduction: first, because they are important, and indeed fundamental and indispensable; and secondly because no suitable exercise in any way resembling games or athletics suggests itself. Therefore in these departments there is bound to be some drudgery until a more ingenious plan of doing them is invented. Notice that A does not stand for Air, though the air should be as good as possible. A stands for Attention.

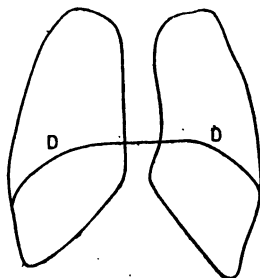
A. ATTENTION (1)

Attention, as we have said, can come through interest and variety, and also, we may add, by short practices at intervals, rather than one single long practice. But the way to hold the attention depends largely on the individual, who will soon find out his own best plan. Pre-suggestion such as "This is worth doing as well as possible, for many reasons. I'm going to do it as well as possible"—may be one of the most commonly effective plans.

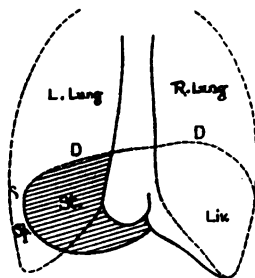
During the practice of the Alphabet, the attention should be focussed on the practice, so that the mechanisms may

be mastered without "distracting conditions." During the play of the game, the attention should be nearly all on the play (the opponent, the ball, the tactics). Mistakes in the mechanism should be chiefly corrected after the play is over : otherwise games become drudgery.

B. BREATHINGS (2)



Position of the Diaphragm with respect to the ribs.



Position of the Diaphragm with respect to the organs (Lungs and Heart, Spleen, Stomach, and Liver).

The breathing should nearly always be in through the nostrils, but, frequently, out through the mouth. It is probably thus that we should regularly breathe while we are speaking or singing, when the temptation is to breathe in through the mouth. The disadvantages of this latter plan are obvious, in drying the mouth and throat, etc. Practise all the breathing-exercises, and not one only, unless you are what may be called a genius-breather—that is to say, one who breathes rightly by instinct.

The first breathing is downwards. The figures show how the diaphragm, by moving downwards, would press upon and squeeze the stomach and liver. This is to enlarge the lung-room by letting down the floor of it. Your lungs are the room that you wish to enlarge, so that they may take in more oxygen to purify and invigorate you. It is a help to this breathing to send the abdomen out while you send the

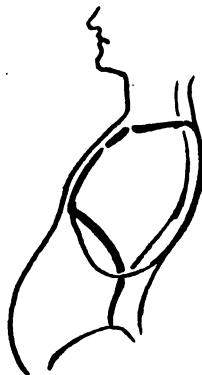


FIG. 24.—Lowest Breathing. Send the Diaphragm down and the Abdomen out as you inhale through the nostrils. Put your hand on your Abdomen. Draw the Abdomen in and the Diaphragm up as you exhale through the mouth.

diaphragm down, though afterwards you should be able to send the diaphragm down (Fig. 24), while not sending the abdomen very far out.

Now take a deep breath in, holding the abdomen in.



FIG. 25.—With the hands on the movable ribs, send the chest walls well outwards as you inhale. Exhale through the mouth.



FIG. 26.—Upper Breathing with the Diaphragm up and Ribs in; force the breath to the top of the lungs, putting the hand there.

Keep the palms of your hands upon your "floating" ribs and let them move well outwards (Fig. 25) as you inhale.

This we may call the middle breathing, and it is like enlarging your room by sending out all the walls. You can expand outwards in front, to the sides and behind.

For the third kind of breathing (Fig. 26), first inhale through the nostrils fully and send the diaphragm down. Then draw it up, draw the abdomen in, expand your chest-walls, then keep them as rigid as possible; force the breath up to the top of the lungs. Fitzsimmons recommends the position of Fig. 27 for this purpose.

The next kind should not be practised to excess. It is to hold the breath in when your natural tendency would be to let it out. Practise each breathing in turn, holding it in when you have inhaled it.



FIG. 27.—Upper Breathing (after Fitzsimmons).

Other varieties are important, but we do not wish to make this first lesson too complicated. The relaxing breathing will be described directly.

Develop especially the breathing in which you are weakest. It may be your lower, or your middle, or your upper. I think it will probably be your upper. Remember that in severe games and athletics you will want them all, for they will all together help to give you endurance as well as calmness. Just as the man who loses his head is apt to get out of breath, so the man who gets out of breath is apt to lose his head. The ordinary practice of an athlete is only to exert his full breathing when he is engaged in his games or athletics. It is far better to exert the full breathing occasionally in anticipation of that strain, and especially to practise the part in which you are weakest. Hence we come to the corrective and complementary practice.

C. CORRECTIONS AND CORRECTIVE AND COMPLEMENTARY PRACTICE (3)

Few movements of games and athletics are "natural" to the ordinary person: his first attempts are in bad style. The average beginner at Cricket tends to pull across when he tries to play forward; at Boxing or Fencing he tends to turn his front foot sideways, not to point it straight out. Even at Walking and Running he is almost sure to move incorrectly, as W. G. George points out when he recommends his "Hundred-up" as a room-practice and preparation for races. He alludes to several common errors of most walkers and runners, and urges all to master the A B C, the correct mechanisms, before they do much actual walking and running, which would only confirm bad habits. "Study form rather than pace. . . . Do not expect to get true action in a moment. . . . Care must be taken not to start too fast in any practice. . . ."

But if we have begun incorrectly, then we must correct ourselves, either acquiring the right positions and movements afresh from the beginning, or else getting some expert to tell us precisely what our faults are, and then trying to remove these one by one.

Corrective and complementary practice is the third letter of the Alphabet. It is a large order, but a necessary one if we are to justify our system as physical education. Many corrective exercises may be done on the inclined plank, which we shall describe under Apparatus. For example,

A.A.

D

it will help to put the shoulders and the spine and the feet and toes right. Part of corrective and complementary practice is left-sided exercise, which nearly all of us neglect. A whole article is devoted to the subject in Cassell's "Physical Educator."

Most of us also are too tense. We must learn to relax, so that we do not waste our valuable energy.

D. RELAXING, OR DON'T USE MUSCLES NEEDLESSLY (4)

This system of relaxing is not ideal, for we should learn to relax the two sides independently, as we should do in so many games and athletics, and in daily life ; but few would

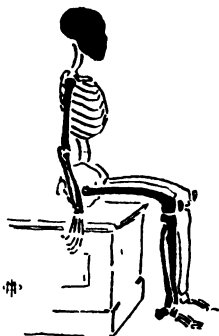


FIG. 28.—Take in a full breath, and draw breast and head and shoulders up. Hold this breath for a moment.

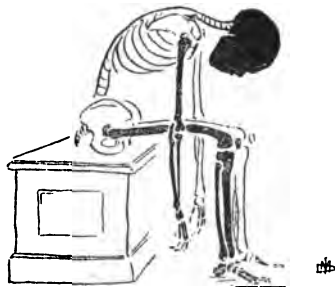


FIG. 29.—Let the breath ooze out while you relax.

have the patience to practise this, so we suggest a relaxing of the two sides together.

The first exercise is a sitting exercise. Sit well forward on the edge of a bed or of a chair without arms. Let the body be inclined slightly forward from the hips, but let the spine be straight laterally. Let the feet be comfortably firm in front of you. Now take a deep and full breath in through the nostrils, sending the diaphragm well down, and then the chest-walls well out while you bring the diaphragm up. This inward breathing should lift up the trunk and the shoulders and the head, as in Fig. 28. Hold the breath in for a second or two ; then allow it to ooze

out of its own accord ; do not force it out, and, above all, do not strain or frown. As you breathe out, let yourself go. First the eyelids will droop ; then the head will come forward ; then the body will begin to come forward also, the spine curving gradually until at length you are in the limp position which Fig. 29 shows. Now you are relaxed. All the time breathe in deeply and fully, and take advantage of every outward breath to relax more and more. Your hands had better hang down heavy at your sides as if, to

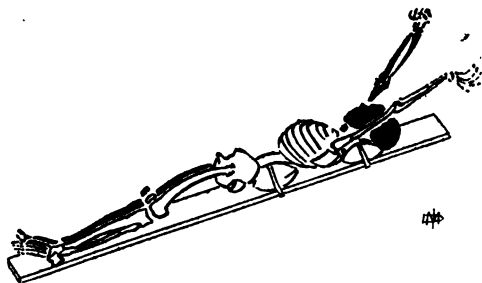


FIG. 30.—While you breathe in, lift up the arms.

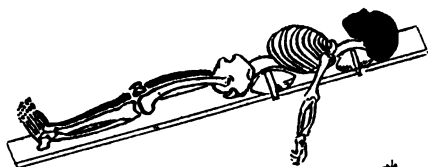


FIG. 31.—Then let the breath ooze out, and the arms sink down, and the rest of you relax.

repeat the old phrase, they were lumps of lead at the end of pieces of string. Stay thus for half a minute or so ; then bring your hands backwards. This will raise your body and straighten your spine. Then gradually lift your head and your eyes as you take an invigorating breath inwards. You are now awake again, as in Fig. 28.

This exercise you can practise in a very modified form in public, drooping the head slightly, and making the hands, and certainly the face (which may smile), *slightly* more reposeful and pleasant to look at than they usually are.

The full exercises can only be performed in private, or in

public with a sense of its humour and grotesqueness. The mere fact that it is grotesque is not proof that it is not valuable.

Or you can do the exercise standing instead of sitting.

After having come down to the relaxed position, standing instead of sitting, you can as it were clamber down upon the floor quite slowly—for there is no hurry—and after the fashion suggested by the series of illustrations in the "Physical Educator," till at length you are lying flat upon your back with your arms out at your sides.

The Plank-exercise of Figs. 30 and 31 will need no explanation: in this case the excess of blood does not rush to the head, as it might if you were lying flat on the floor. As you breathe in, lift the arms up and back (Fig. 30). As you let the breath ooze out, let the arms drop and become very limp, as in Fig. 31. (A special bedroom-plank, with book of instructions, is made by the Sports Manufacturing Company, of 30, Cheapside, E.C.)

E. EXTENSIONS (5)

When you are tired by sitting for a long while, you find it a relief to extend your arms upwards and outwards and then relax them. The stretching seems to help the relaxing and to lead to it naturally. Two sorts of stretchings are of great importance to the body, particularly when it is hampered by clothing and uncomfortable seats and crowded rooms and streets. A good stretching-practice is to pretend that you are on a "try-your-height" machine. Stretch upwards with the head. Then, keeping the head stretched upwards, stretch upwards and then outwards with the arms, and stretch in other directions also. The inclined plank (manufactured by the above-mentioned company) is one of the simplest kinds of apparatus for stretching work. It will enable you to stretch the shoulders back, the arms down and out, the heels and then the toes down, etc. Many of the exercises below will involve full extensions of different parts. No. 7, in Chapter II, involved several extensions.

CHAPTER VII

THE NEXT FIFTEEN LETTERS: FOR GAMES AND ATHLETICS IN GENERAL.

THE following positions and movements are not, like the Ling Drill, arranged in strictly scientific order. Neither are they graduated, as they would be by this or the German System and by all competent English instructors. I prefer to trust to these individual instructors to introduce the more severe exercises by "leading up" exercises.

(6) POSITIONS

During the greater part of our lives we should be resting the greater part of our body. During a third of our lives we are likely to be in bed. If we divide the day into three eights, we have eight hours for work, eight for eating and recreation, etc., eight for sleep. The athlete in particular knows how important it is for him to sleep and rest well. It is not always easy for him to sleep well. The next best thing is to try to find a reasonable position, a position which will not encourage the feeling of worry. This will be the first position which he should practise, and Fig. 32 (on page 54) shows an example of it in the body lying flat on its back upon the floor, the arms being stretched out at right-angles to the body, or else, if this be more comfortable, down close to the sides.

A sitting position is shown in Fig. 33. The spinal column should be straight laterally but inclined slightly forwards from the hips. The chin should not be poked forward. If the legs are crossed in one direction, they should be crossed in the other direction at intervals, to restore the balance.

The position for alertness is at the other extreme. It is

shown in Fig. 1, the illustration of the skeleton adapted from Peter Latham, one of the most prompt of movers. The figure is ready to start in any direction in a moment. It is quite possible that the individual athlete will prefer some other pose, but this is not a bad one for ordinary purposes. The boxer's waiting position should also be studied.

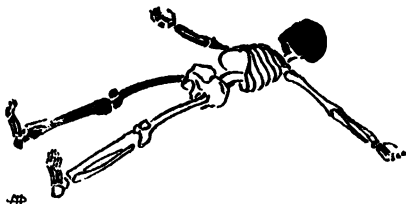


FIG. 32.—Lie flat on the floor, with the arms extended quite comfortably.



FIG. 33.—Sitting position; a chair could have a support for the small of the back.

When we habitually take the wrong position, then we need corrective positions and exercises. The inclined plank will give some of these. Lying upon it on one's back, one can stretch one's arms down; one can go through the action of skipping, or the action of the breast-stroke of the arms in swimming (Figs. 76 and foll.). Standing on it, one can give a free swing from the hips, or stretch down with the leg that is the shorter, keeping the shoulders squared. These are a few samples of corrective movements which may help a better position of the body.

(7) NECK-MOVEMENTS

The golfer knows how important it is for him to keep his eye on the ball, or his head facing the ball, while his shoulders move round with his trunk. The neck thus receives a considerable amount of exercise. Certain movements of the neck will help athletics a great deal. The back of the neck may be supported with the hands, or may be massaged by the hands during the exercises, which have been described in the "Courses for Men and Women" in

Cassell's "Physical Educator." The illustrations show the directions of the movements.

The head is sent back and then the chin is drawn in.

The head is sent forward ; the chin is kept in (Fig. 34).

The head is turned sideways first in one direction then in the other : the chin is kept in (Fig. 35).



FIG. 34.—Bend the head back: bring the chin in. Bend the head forwards: keeping the chin in.

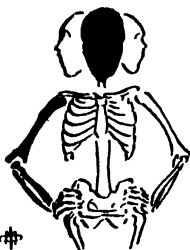


FIG. 35.—Turn the head first to one side, then to the other.

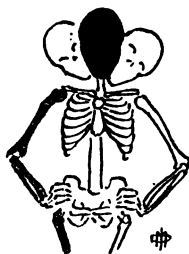


FIG. 36.—Bend the head first to one side, then to the other.

The head is bent over sideways, first in one direction then in the other (Fig. 36).

The head is turned sideways, and then a bow is made to an imaginary person.

The head is rotated, first in one direction, then in the other. During the rotation the face should be towards the front.

In all these neck-exercises care must be taken to stand or sit rightly, with the shoulders squared, and to make the movements so far that we feel a slight resistance, but not so far that we strain ourselves. Certainly the ordinary neck movements should not be done fast.

A curious old book on calisthenics, by De Laspée, gives special exercises for the eyes. Ridiculous as it may sound, no one who thinks of athletics can deny that special exercises might be very valuable. To move the eyes from side to side, from corner to corner, up and down, and then round, is not an interesting or pleasant practice ; but its use is quite obvious.

(8) FOOT AND LEG MOVEMENTS

For most purposes the feet are weight-lifters and weight-holders ; but, as ballet-dancers know, they must learn litheness and quickness before they learn this heavy work. So practise Exercise No. 4 (Chapter II).

A special kind of foot-drill useful for many ball games, such as Lawn Tennis and Racquets, is to stand in the alert position (Fig. 37) ; then, imagining a ball to be coming to

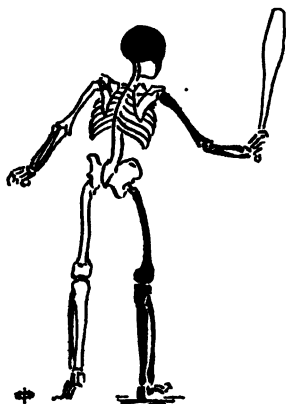


FIG. 37.—In alert position, with implement.

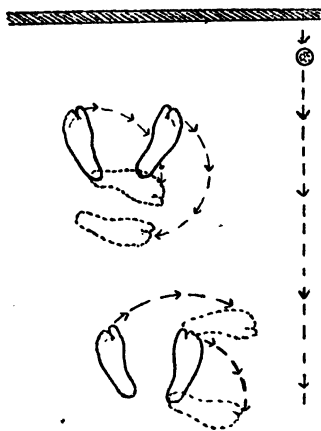


FIG. 38.—Alternative Foot-movements before a Forehand Stroke (adapted from "Racquets, etc.," "Isthmian Library.").

the Forehand side, to form the Forehand position, as in Fig. 38, and make a Forehand stroke ; then, to come back to the alert position, and form the Backhand position, as in Fig. 39, and make the Backhand stroke. The ball-game exerciser may be useful here. Anyhow, such positions, if they are easily formed (and they can be easily formed by bedroom-practice), will turn the difficult stroke into an easy stroke.

The foot-movements for back-play at Cricket are suggested by Fig. 40. Standing in the waiting position for batting at Cricket (see Fig. 9), imagine a ball to which

you have to play back. Move the feet as in the illustration (40), and, for practice of back play to a high ball, draw up and back the left hand and elbow as you would in Cricket. Do the exercise with the left side also (Fig. 41).

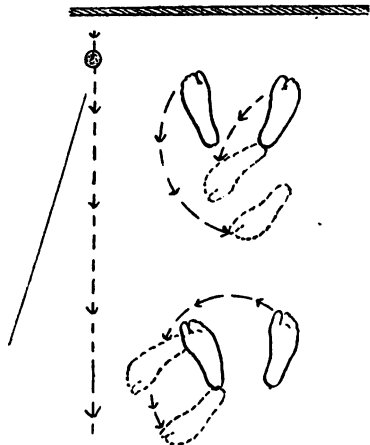


FIG. 39.—Alternative Foot-movements before a Backhand Stroke (ditto).



FIG. 40.—Back-play at Cricket (after Shrewsbury).

The movements of the feet for cutting, driving, etc., can be practised similarly. See the special Chapter.

More generally, step-dancing is useful. Mr. C. B. Fry recommends it for athletics, and so does the Head Master of a private school at Winchester. Dancing itself is of course very valuable. Peter Latham says that if you can do the Polka step, you can do many right movements for Racquets and Tennis, and certainly nothing can be more successful than his foot-movements. He plays with his feet as much as with his head.

To rise on the toes, and to rise first on one toe, then on the other, is again good for practice, as well as a relief from too long standing or too long brain-work.

The art of starting in any direction, from the alert position, is invaluable. Standing in the alert position, as in Fig. 1, spring on to each foot in turn in various directions without loss of poise, as in Fig. 42. This illustration shows the figure after it has made the step forwards. It is just as

important to be able to step backwards. Interest is given to these if you make a few chalk-marks on the floor, showing the distances to which you can easily step or jump when you begin the practice. You will find that after a month you will be able to step a good many inches further with equal ease.

A variant from this is not only to spring forwards but



FIG. 41.—Back-play at Cricket left-handed (after Shrewsbury; adapted).

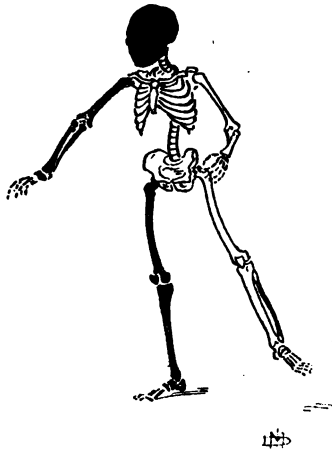


FIG. 42.—Start and move in various directions, keeping your poise.

also to start running. Two steps should be sufficient, and in fact would be all that a narrow space allows.

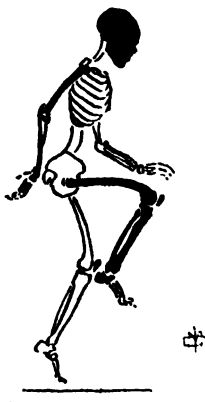
The effect of these exercises upon the mind is extraordinary; for one cannot make a conscious movement without doing something to form a mental habit, and the mental habit of rapid starting in any direction, followed by recovery of poise, is one of the most desirable in life.

As an exercise for the feet and legs together, and to some extent an exercise in balance and poise, one may cite the admirable "Hundred-Up," invented by W. G. George, the great runner, who describes it as follows:—

"(a) Preliminary practice for preparing the leg-muscles for the more severe strain required of them for the 'Hundred-Up' exercise.

"Draw two parallel lines on the ground eighteen inches

long and eight inches apart. Place one foot on the middle of each line. Stand flat-footed, the feet lying perfectly straight on the lines. The arms should be held naturally, loosely, and nearly straight, with a slight forward inclination, the body being upright and straight. Now raise one knee to the height of the hip, that is precisely in the same way as in walking, only the knee action is higher—and bring the foot back and down again to its original position, touching the line lightly with the ball of the foot; repeat the raising and lowering of the leg ten to thirty times; and repeat with the other leg. Practically this amounts to balancing the body on one leg, while exercising the other. Care must be taken that the knee comes to the level of the hip every time. This may not be found easy at first, but practice will soon bring about the desired result. Great attention must be paid to keeping the body upright and the legs and feet quite straight while exercising. Practise slowly until the necessary balance is acquired and the exercise accomplished with ease. Otherwise the 'Hundred-Up' will be found unsatisfactory. Having thoroughly mastered the correct form, the student may turn his attention to—



“(b) The major, or ‘Hundred-Up’ exercise.

“Prepare lines as for the preliminary practice. Stand on them as before, except that the body must be balanced on the ball of the foot, the heels being clear of the ground, the head and body being tilted very slightly forward, and the hands down by the sides. Now spring from the toe, bringing the knee to the level of the hip (Fig.43), as in the slower exercise—letting the foot fall back to its original position. Repeat with the other leg, and continue raising and lowering the legs alternately. This action is exactly that of running, except that instead of the legs moving forward, the foot drops into the original position on the ground.

“The main point to remember is, *correct action*. The knees must be brought at each stride up to the level of the hip, while as the knee comes down, the foot behind should

FIG. 43.—George's "Hundred Up" Exercise (after W. G. George's model).

be carried farther backwards and level with the backs. When the knee is brought higher than the hip, the body is thrown out of its perpendicular backwards; when the foot is thrown out behind farther than level with the back, the body is correspondingly forced forward. Either is a hindrance to form and pace, the two objects striven for by those who train, whether for health or competition. All such will undoubtedly derive more benefit from doing their practice correctly than the reverse.

"While doing the 'Hundred-up,' use the arms as in running, i.e. hold them almost at full length, and swing them half-way across the chest, forward and backward a few inches behind the back as each stride is taken. A good practice is to stand still on the lines and use the arms as in running, putting plenty of force into the work, so as to loosen the muscles of the shoulders, and make the upper part of the frame active and pliable, in order that it may act in perfect union with the legs when the 'Hundred-up' is performed."

Now obviously this is not running, but only a start forwards and a correct action for running; but it is well that the athlete should acquire this first, for it prevents the legs from moving in unnecessary directions. It gives a general habit of straightness and directness. Having acquired it for the straight-forward direction, you should acquire it for the sideways directions also, doing the movements to your right and to your left as well. For in athletics, as in life, it does not always pay to walk perfectly straight in front without turning to the side; occasionally the nearest way is the way back and then the way round, and not the way right through.

9. WALKING, RUNNING AND DODGING.

For correct form in ordinary straight runnings, probably nothing can be better than this Hundred-Up of George's. His plan of insisting on correct form before one does the thing itself, the walking or running, is thoroughly scientific.

Figs. 44 and 45 show correct actions for the Half-Mile and Sprint respectively, after George's model. His book on "Training" gives excellent advice for runners.

Of course the walk and run itself are an invaluable exercise. I have noticed that, if I walk without running, I am apt to think all the time and perhaps to find the movement dull. If I run continuously, I get tired before I have

gone a long distance, for I do not care to run very slowly. If, however, I run for thirty or thirty-five yards

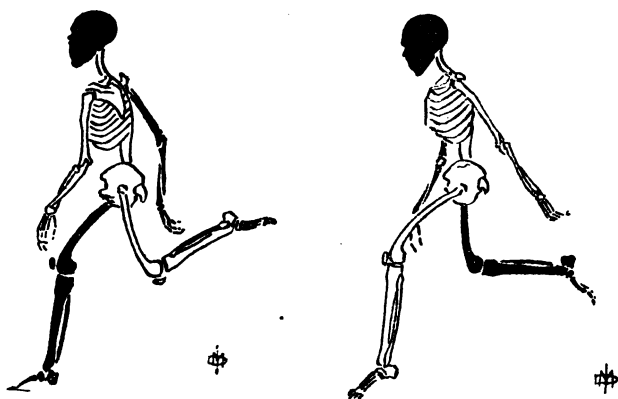


FIG. 44.—Two correct styles for the Half-mile (after George's models).

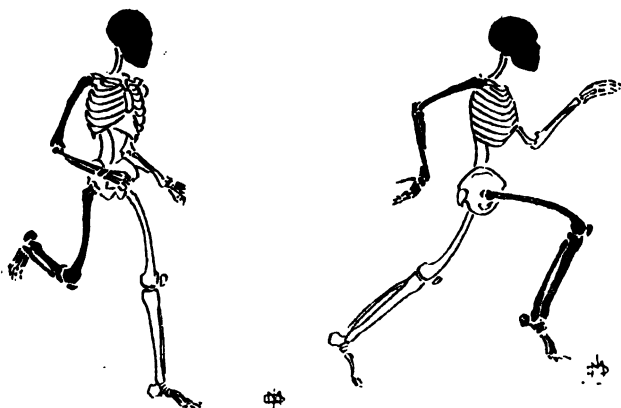


FIG. 45.—Two correct styles for the Sprint (after George's models).

at nearly full pace, then walk till I have recovered my breath, I can go for an enormous distance without fatigue. The

only other way in which I have managed to enjoy a long run was when I took a hoop with me, at school; but I was stopped because this was called undignified. As a matter of fact, it made the run interesting, and I know now that it would have been good practice for ball-games,

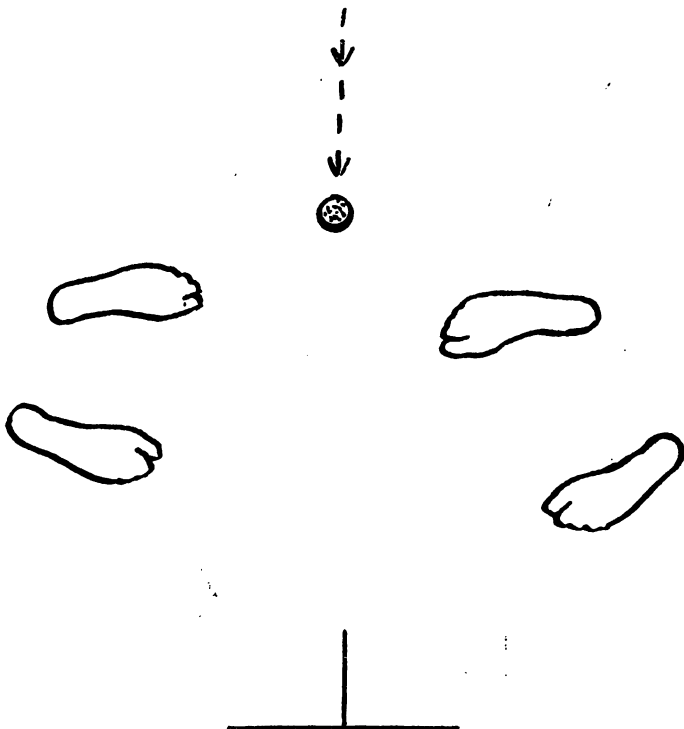


FIG. 46.—Forehand and Back-hand Positions for some Ball-games.

especially if I had sometimes bowled the hoop back-handed. But educational authorities have an idea that whatever is interesting must be *infra dig* and frivolous!

We have already given the foot-drill by which one can pass from the alert position into the Forehand or Back-hand position (Fig. 46), and we have already mentioned the

value of the Polka step. Now combine the two : from the alert position pass into the Forehand position, and in that position, with right leg stiff and left leg slightly bent, move about in various directions, as in Fig. 47, now with short

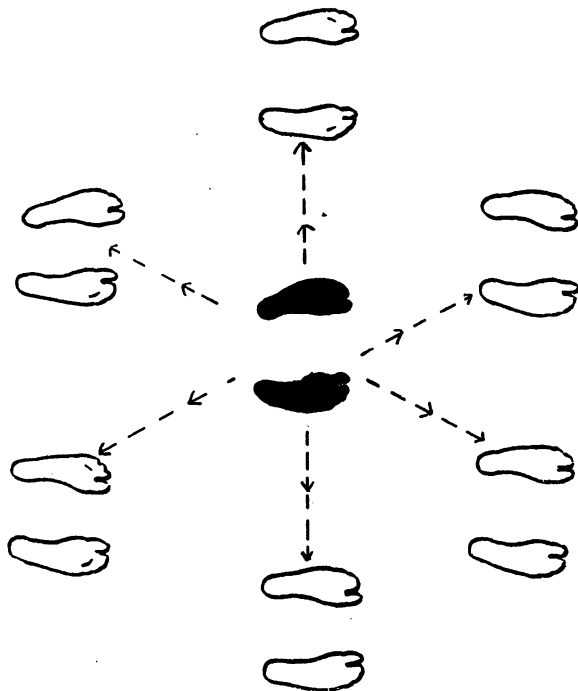


FIG. 47.—Movements of the Feet before Forehand Strokes (adapted from "Racquets, etc.")

steps and now with long. Keeping in this same position with respect to the front and side walls of your bedroom, let us say, practise moving about backwards and forwards and sideways, making imaginary strokes now and then.

Now do the same for the Backhand position (Fig. 48); only in this case, unless you turn very far round, you will have the left leg stiff and the right leg slightly bent.

The art of running backwards is useful in many forms of athletics ; but it is very seldom practised. In a few weeks one can nearly double one's pace without loss of balance.

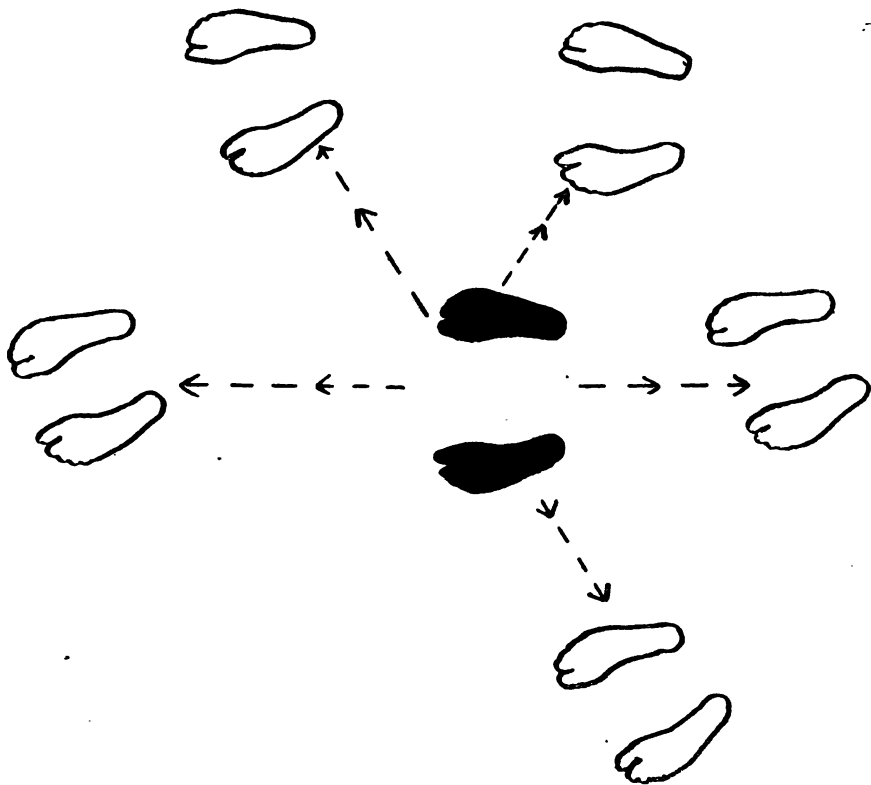


FIG. 48.—Movements of the Feet before Backhand Strokes (adapted from "Racquets, etc.").

R. F. Doherty told me that for smashing a ball at Lawn Tennis, and indeed for Lawn Tennis generally, if one played the all-round game both back and forward, it was essential

to be able to step back quickly and accurately, keeping one's poise and one's bearings generally, knowing where the lines of the court are. This is easily practised in a bedroom. One may mention incidentally that walking backwards has been found a good cure for headaches of certain kinds.

The movements needed in Boxing are different, for there one may have to circle round an opponent. In Ball-games one usually faces in the same general direction ; for example, one faces the net. In Boxing, the opponent is a spot and not a line, and one may have to go round and round that spot. A Punch-ball, or an imaginary opponent, will give one the necessary practice. As one circles round and dodges round, one must keep one's poise and occasionally strike out with full force, and then rapidly recover and be ready to move again. The man who is "quick on his pins," can make up for a good deal of deficiency in technique.

I imagine that there could be few better exercises for the feet, and for runnings and dodgings, than those that come into "Jujitsu"; which is to be learnt as a separate art. It seems to be one of the best practices for observation, concentration, alertness, and poise.

Different again from the above runnings are the runnings, which we shall suggest again in a special chapter, when one is dribbling the ball at Association or Rugby, or when at Rugby one is playing half or three-quarters. To dodge means to control one's body-weight under extremely difficult conditions. Success in it depends not only upon the feet, but also upon the trunk and the neck.

(10) JUMPING, ETC.

The hop, skip, and jump movements are familiar to every one. They may be combined and varied to a wonderful extent. Skipping, if done with a rope, forms a very fine exercise, especially if the rope be swung backwards and not always forwards, so as to send the shoulders back and the chest out. Care should be taken to keep the chin in and the back reasonably hollow.

Jumping may be practised with the Plank set at different heights. Perhaps vaulting should be tried first. With regard to jumping, the Swedish drill is excellent in this, that it insists on the movements being correct at the start. As we have said elsewhere, the fact that the pupils begin by

A.A.

■

doing the jump as six movements does not make the whole movement eventually jerky, and a mere set of detached pieces. Ultimately the six parts are welded together into a unit. It is characteristic of the German gymnastic system to insist on similar methods of learning every movement, several easy things being combined by degrees into a thing so hard that at first the pupil would have made a thorough mess of it. The pupil might have practised it as a whole movement thousands of times without ever learning to do it rightly. By dividing it up into parts, he learns to do it rightly, easily, and quickly, and he never forgets what he has learnt. Here is a typical quotation from Melio's "Manual of Swedish Drill," from a section on leaping without apparatus :—

"Free leaps are executed without appliances, and form an excellent preparatory course to the leaps over a fixed object. They are made on the spot, without turning the body, or by turning to the left or right in the act of leaping, usually in six distinct movements. (1) Raising the heels, (2) knee bending outwards, (3) straightening the legs and leaping upward, (4) alighting on the toes with bent knees and body erect, (5) stretching the knees, (6) placing the heels on the floor. As the third and fourth movements practically merge into each other, it may be found advisable to count and divide these preparatory exercises into five, instead of six parts.

"Compound Leaps.—Another valuable series of leaps on the *spot* are accomplished by (a) separating and closing the legs whilst executing the third movement, (b) throwing out the arms horizontally sideward whilst executing the leap, (c) throwing out both the arms and legs whilst executing the third movement, thence resuming the original position in the fourth movement.

"Forward Leap is executed in six movements by taking two paces forward from the fundamental position, thence springing forward, alighting on the toes, in knee-bend position, afterwards straightening the knees and placing the heels on the floor.

"Directions.—In all leaping exercises the equilibrium should be preserved whilst executing the fourth movement, the arms being usually kept in a vertical position, slightly at the rear of the legs.

"The powers of equilibrium are not so necessary in the performance of this leap as in the previous free leaps on the spot, but a greater and more general exertion is called forth.

"In the running high leap, which is accomplished by taking a short run prior to its execution, the pupils are to spring from the left and right foot alternately, the left being exercised first, a rule which should be strictly enforced."

(11) PUSHING, PULLING, AND CLIMBING

I do not suggest that pushing and pulling be practised much at first, unless under the supervision of a tactful expert. But when the quicker movements have become easy, then one may begin safely to push against resistance (say against a wall), or to pull against resistance, using some Extending Exerciser (the Whitely, or the kind suggested in the "Physical Educator," viz., the Extension and Anti-grip, made by the Sports Manufacturing Co., of 30, Cheapside). With the apparatus is provided a book of ordinary movements.

Weight-lifting in moderation will hurt few males. It can hardly be called a game, but it appeals to a number of people who otherwise are quite uninterested in Physical Culture. Only speed should come first.

Actual climbing is a matter of pulling and pushing with the legs. There are opportunities for its practice everywhere, and there is no doubt that, if carefully done, it helps the breathing, the digestion, the excretion, and the action of the heart, as well as the foot and leg, etc. But how can we climb in an ordinary room?

An Inclined Plank* may be of the greatest help. A special pamphlet gives a more thorough course of plank-exercises. The inclination of the plank should be made more and more severe by degrees. As a few samples we select the following movements.

Keep the back hollow and the chin in. Walk up the plank and down again, first on the balls and toes of the Feet (Fig 49), then on the heels, turning round at the top.

* To be obtained at 30, Cheapside.

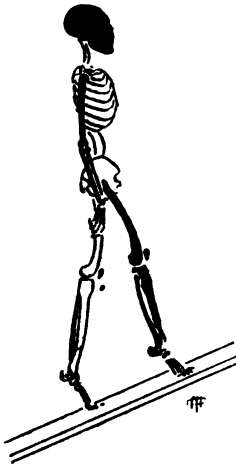


FIG. 49.—Walk up the Inclined Plank, on the balls and toes of the feet.

Now do the same without turning at the top, walking up forwards and coming down backwards, and vice versa.

(12) BALANCE AND POISE

In addition to the exercise of George's, and Cycling of course, one may, for the sake of balance, practise walking along a line on the floor, as if it were a narrow edge, or walking up and down the inclined plank with the eyes up and in front, as far as one can manage it without tumbling off. Then one can render the balance harder by holding the arms out or up. Or one can set the plank edgeways, and walk on the edge.

Skating is of course admirable, and artificial ice now allows us to skate in cities. I have friends who do roller-skating on the flat roof of their house. A modified form of skating can be tried in a bedroom. Mr. E. F. Benson has several admirable exercises for the bedroom. His Golf-exercises are described elsewhere. His skating exercises for the various edges and turns need not be given in detail here, but the reader would be able to work some out by himself. They are not skating, but they have in them the memory and imagination and feeling of skating, and are excellent practice in the art of balance. Care should be taken that the body is in the right position, the chin being fairly in, and the back fairly hollow.

(13) LUNGEING

A Lunge has already been included in No. 2, of Chapter II, when we gave the forward-play for Cricket. One should also practise lungeing with the other leg forward. After the lunge one should recover balance and be ready to start quickly.

The Boxing and Fencing Lunges will be described below.

(14) BOWLING, SERVING AND SMASHING AT LAWN TENNIS, ETC.

A bowling exercise was the first of the Sample-movements, in Chapter II (q.v.). A Lawn-Tennis Service should be begun as in Figs. 50 and 51, with the right shoulder and head and trunk bent back. Then up and round comes the arm at its full extent (Fig. 52); then down and across, till it ends as in Fig. 53.

Figs. 54 and 55 represent this as a free movement without apparatus.

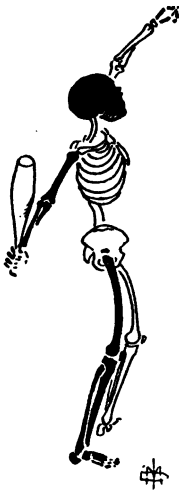


FIG. 50.—Beginning of a Lawn Tennis Service. (Adapted from "The Dohertys on Lawn Tennis.")

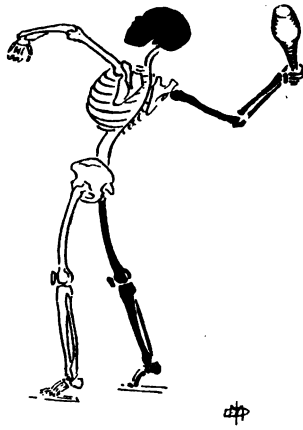


FIG. 51.—Beginning of a Lawn Tennis Service. (Adapted from "The Dohertys on Lawn Tennis.")



FIG. 52.—Lawn Tennis Service, in the middle. The head should be looking up and back.

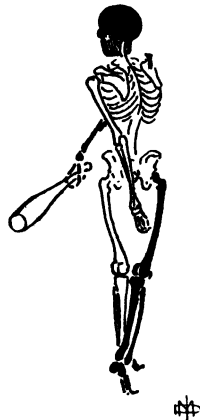


FIG. 53.—Lawn Tennis Service (after follow-through).

Then a similar service should be tried with the left side. Begin slowly in order to ensure full extensions and general correctness.

This Lawn Tennis service has been described in the "Physical Educator." It can be practised with a light club*. As a variant for this service, stoop down first with legs as stiff as possible, and pick up an imaginary ball; then go through the service. After it, though not till you



FIG. 54.—Fig. 50 without apparatus.



FIG. 55.—Fig. 53 without apparatus.

have had a full follow-through, recover the alert position and be ready to start forwards. In this rapid recovery and forward start the Americans excel us. They seem to be up at the net the moment they have served.

Later on, instead of stooping down to pick up the ball, make a little start either backwards or forwards, as if you were going to smash a ball which is now too far behind you or too far in front of you.

Other services are suggested in the special chapter. (below).

The Bowling-exercise of No. 1 (Chapter II) is not very different. In both these the weight starts on the back leg, and the back arm is brought down and the trunk is brought back, and the head also. Then the weight of the body

* The Sports Manufacturing Co. sells a special kind.

is transferred to the other foot while the arm moves round at its full extent. The follow-through of bowling is not at all unlike the follow-through of this Lawn Tennis service,

Nor, again, is putting the weight an altogether different movement from the Lawn Tennis service, except that in it the right foot comes quite off the ground at the end. In putting the weight, be careful that the right hand passes quite close to the right ear. Do not swing it out too far to the side.

Weight-lifting may also be classed here—at least a peculiar kind of weight-lifting may. There are of course



FIG. 56.—Beginning of Lawn Tennis Backhand Stroke (after R. F. Doherty).



FIG. 57.—Finish of Lawn Tennis Backhand Stroke.

many varieties. An exercise suggested in Cassell's "Course for Men," shows how a stretcher may with advantage be employed for practice.

The Bowling and Service exercises are among the healthiest and most useful for games and athletics in general.

A Backhand stroke at Lawn Tennis and a Forehand stroke at Lawn Tennis should not perhaps be treated altogether separately from the Golf-swing to be described directly. These movements are shown in the illustration. First the arm is brought back nearly as far as it will go,

taking the trunk back with it. The head, however, is looking at an imaginary ball to the side, as in Fig. 56. Then a swoop round is made, with the wrist and hand up, and a follow-through will leave one in the position shown in Fig. 57.

For apparatus, we should suggest first of all no apparatus at all, except perhaps an anti-grip exerciser to keep the hand free. This will help to give the arm flexibility and speed. Later on, a light club* may be held in the hand.

The back-hand volley off the pent-house at real Tennis gives another useful movement which would come in as practice for Sword-play or Singlestick. It will be described in a subsequent chapter.

(15) BODY-SWINGS, GOLF-SWINGS, ETC.

A Golf-swing has been outlined in No. 3 of Chapter II.

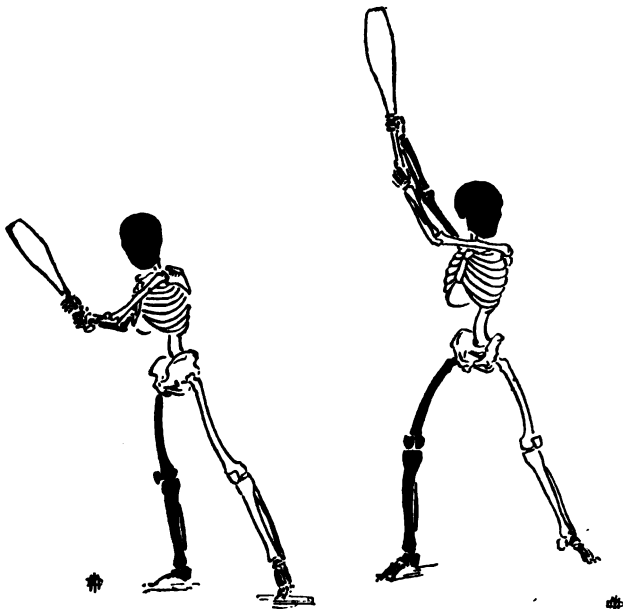


FIG. 58.—A Pull (after Shrewsbury).

FIG. 59.—A more vigorous Pull (after Abel).

* See footnote to page 70.

When we try to keep our eye on the ball, we realise how much depends on the proper control of the neck-muscles.

As a variant for this, throwing the hammer is in some ways an even more powerful exercise. It need not be described in detail; an expert would show a proper series of movements.

The pull at Cricket is a kindred movement; this, again, needs little description. It should be done first with the body fairly upright (Fig. 58), then with a step forward (Fig. 59), then with a good lunge forwards, as in Fig. 60. It should be tried left-handed as well as right, as in Fig. 61.

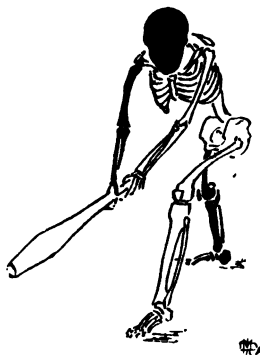


FIG. 60.—A Pull, with a lunge (after W. G. Grace).

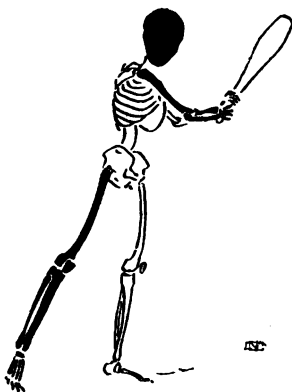


FIG. 61.—A Left-handed Pull.

The Hockey swing is a somewhat milder form of the Golf-swing and Cricket-pull. Its preparatory and follow-up positions are shown in Figs. 62 and 63.

The plain Body-swing, such as I find very useful for many games, is shown in Figs. 64 and 65. It should be done with equal vigour (but no strain) in both directions.

Discus-throwing (Fig. 66) involves a Body-swing of a somewhat different kind.

(16) ROWING AND BENDING

Rowing is a special art. We should not suggest that the all-round athlete should begin by using the two sides of his

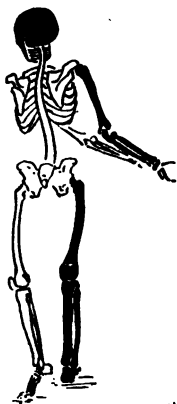


FIG. 62.—Before a Hockey-swing (after a photo in "Isthmian Library").

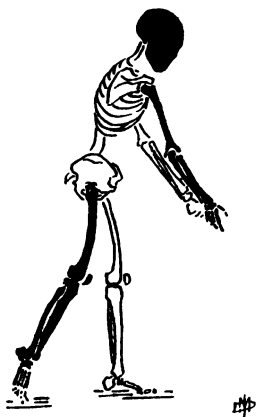


FIG. 63.—Follow-through of a Hockey-swing (after "Isthmian Library").

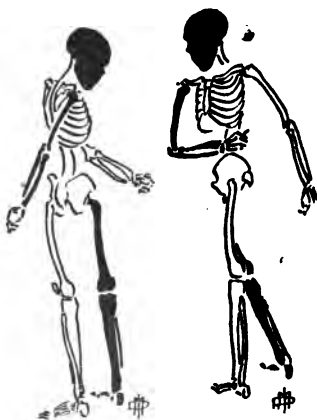


FIG. 64.—A plain Body-swing: first position.

FIG. 65.—The same: second position.



FIG. 66.—The Discobolus, or Discus-thrower

body together. We want him to get control of the two sides separately, a control which the typical rower seldom possesses. He is slow on his legs, and has little independent mastery of unexpected movements such as one gets at Ball-games. If he occasionally practises each side of his body in turn, keeping the other side still and relaxed, he will perhaps suffer less from rowing than most oarsmen do. The illustrations (Figs. 67 to 71) should be a sufficient

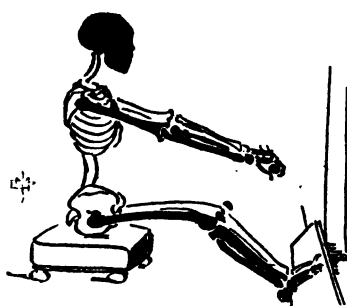


FIG. 67.—Rowing (after "Isthmian Library" models: (1).

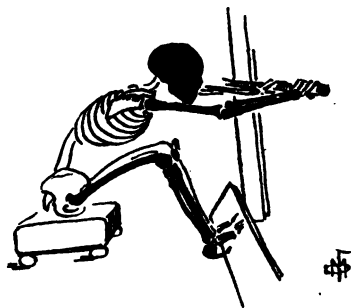


FIG. 68.—Ditto (2) Bad Action—rounded back, etc.

guide to the general movements needed. They are adapted from the excellent Isthmian Library Volume, which should certainly be consulted.

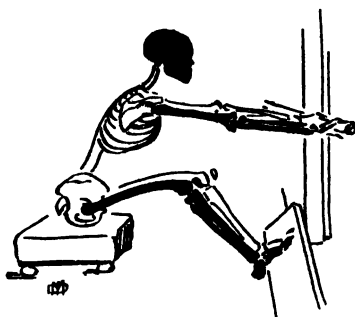


FIG. 69.—Ditto: (3) Begin to pull—arms straight.

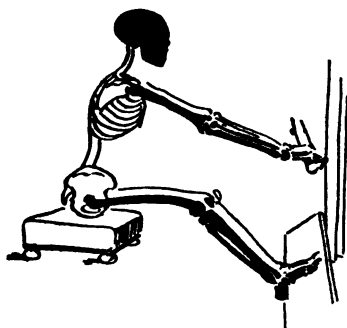


FIG. 70.—Ditto: (4) Pull—arms still straight.

In these positions one notices how the chin is kept in and the back is reasonably hollow. The forward stretch

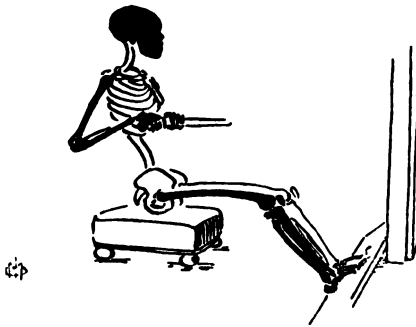


FIG. 71.—Ditto: (5) End of the Stroke—arms bent.



FIG. 72.—Fielding: two-handed (after S. M. J. Woods).

is easy enough to understand. As one begins to come back one does not bend the arms. They are kept stiff until the trunk has done its work. Then the arms are bent and the wrists come down and the arms are bent, as in the diagrams. But for special instruction on rowing, we must refer the reader to the advice by Lehmann, or to some other writer, or, better still, to some good teacher; for there are many points of form which should be studied, so that a bad style may not become a habit at the start.

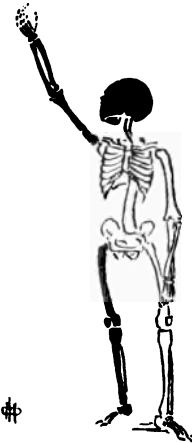


FIG. 73.—Fielding: one-handed (after Hirst, adapted).

Either a free movement may be made, or else a wand or stick may be held in the hand, or else some rowing apparatus may be used.

More interesting to many is the imitation of wicket-keeping and fielding, as shown in a subsequent chapter. One squats down, and, for wicket-keeping, one stretches in various directions to catch an imaginary ball. One stretches not only the arms but also the trunk.

For fielding (see the same chapter) one may stoop in various directions.

With one arm pick up an imaginary ball and throw it in, in the way described below, or with some other action. Fig. 72 shows a two-handed, and Fig. 73 a right-handed stretching. Of course, like the other exercises, this one should be done with the two hands alternately. The movement is useful for Fives and other games. Care should be taken that the head does not poke forwards.

(17) SWIMMING, AND FOREARM AND WRIST EXERCISE

Figs. 74 to 79 illustrate practices for the Breast-stroke in swimming. The head should be held further back, and attention should be paid to correct breathing.

First the backs of the hands come up under the chin, then the hands go out forwards, with their backs up and thumbs together; then their backs are turned inwards, their palms outwards, and they sweep out and round till they come to the position of Figs. 78 and 79. From this they come up to the first position again, and repeat the movement.

It is useful to practise each side independently, keeping the other side relaxed.

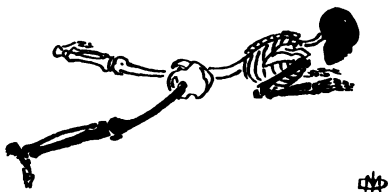


FIG. 74.—Swimming: the backs of the hands under the chin.

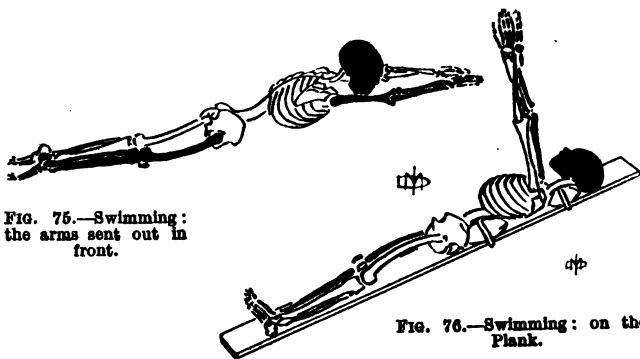


FIG. 75.—Swimming: the arms sent out in front.

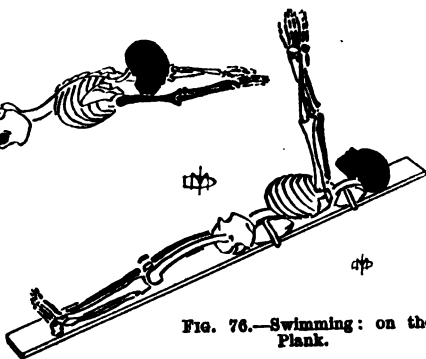


FIG. 76.—Swimming: on the Plank.

Afterwards add the leg-movements, "co-ordinating" the arms and the legs later on.

These exercises involve a turn of the wrist, but the

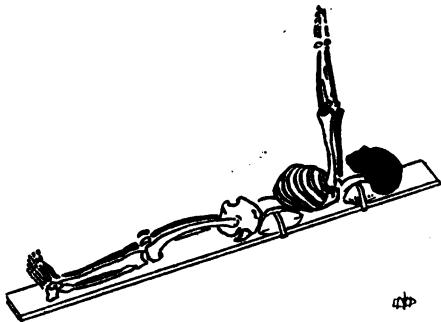


FIG. 77.—The wrists turned ; on the Plank.

Macdonald Smith wrist-movement is a far better one. Keeping the left hand and arm limp, bring the right elbow up against the ribs. Clench the right hand, and bring it as

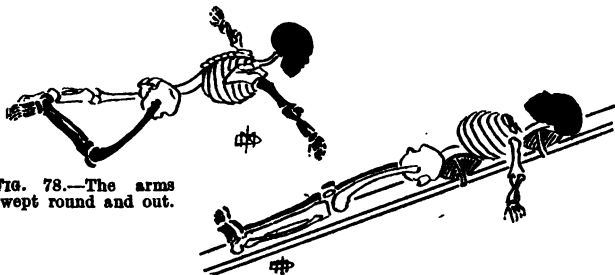


FIG. 78.—The arms swept round and out.

FIG. 79.—The arms swept round and out ; on the Plank.

in Fig. 80, so that the thumb faces you, and the back of the hand is turned away from you. Let the thumb go to the right as far as it will. Now, as you unclasp the hand, rotate it round, the thumb going across and round to the left, as far as it can, till the back of the hand faces you, almost as in Fig. 81 (exaggerated). Perform the movement with a vigorous snap, then come back to the first position with a vigorous snap also. We must refer to

Mr. Macdonald Smith himself for more special exercises of the wrist and fingers.

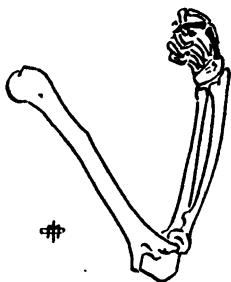


FIG. 80.—A Wrist-movement : first position.

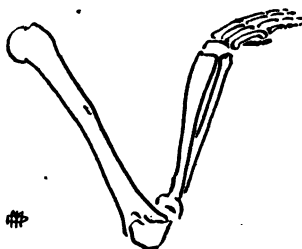


FIG. 81.—A Wrist-movement : second position (exaggerated).

(18) CATCHING

It is doubtful whether anything can quite take the place

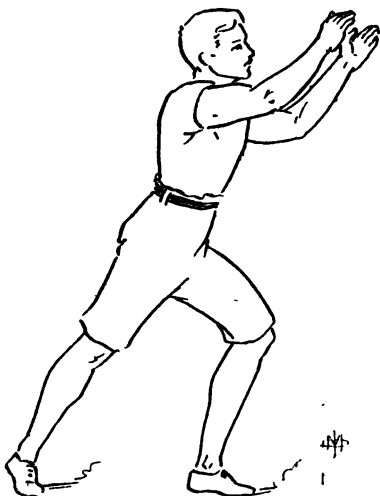


FIG. 82.—An American way of catching a ball coming at the face.

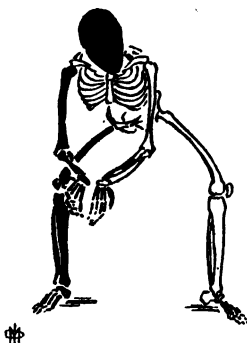


FIG. 83.—Waiting for a catch (after McGregor).

of catching with a ball. A good exercise is to throw a ball of plain indiarubber, or a Ping-Pong ball, up against a mark on the wall, and then catch it. The American way of catching *certain* balls, and especially those that come towards the face, is quite different from ours and, I think, more sensible. Anyhow it would be hard to improve upon American fielding. The attitude is shown in Fig. 82. The American boys at Base-ball drop far fewer catches than we do at Cricket. It is easy to learn to catch in a bedroom, although of course it is more interesting to have a game of catch with two or more people. There are plenty of varieties of the game. A good plan is for two players to put a mark (say a stick or a stump) between them, and then, alternately, send one another catches, and throw at this mark.

The correct way of holding the hands so that they will come forward slightly to meet the ball, and then give slightly directly the ball has touched the hands, may be learnt from some expert. Fig. 83 may, however, be of some use in suggesting a good position for one kind of catch.

(19) THE WHIP-STROKE, THROWING, ETC.

Pegtop-whipping is recommended by Peter Latham as

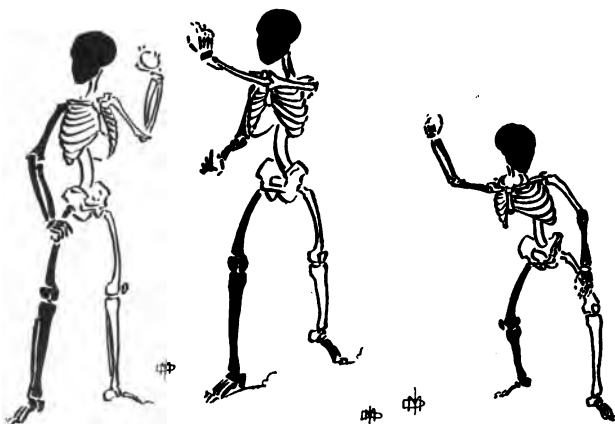


FIG. 84.—American Throwing-in from a short distance; left-handed: first position.

FIG. 85.—Ditto: second position, just before finish.

FIG. 86.—Right-handed throw (after Abel).

valuable for Racquets. It is not unlike the movement of shaking out a fountain-pen which has become clogged. It is also akin to the movement of throwing in the American fashion. Pegtop-whipping should be practised both Forehand and Backhand. It is important that in it the arm should move to its full extent, so as to give extra power

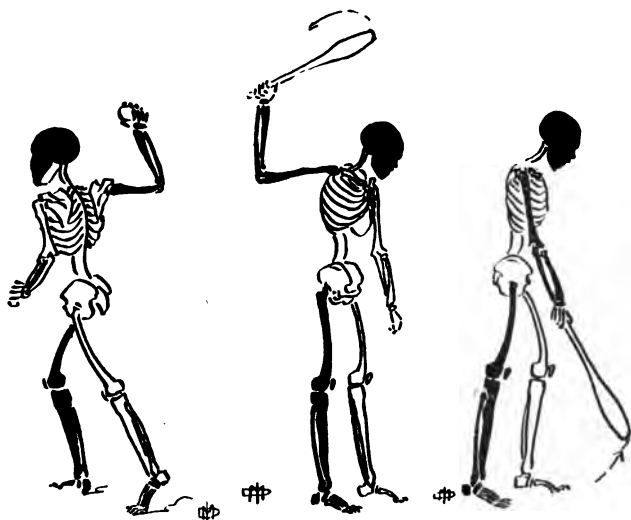


FIG. 87.—American Throw. right-handed, with right leg forward.

FIG. 88.—A Racquet-drive (after Crosby): first position.

FIG. 89.—Ditto: second position.

from the jerk of the shoulder as well as from the jerk of the fore-arm and wrist.

The American method of throwing at short distances differs from the commoner English way. The right hand and elbow and shoulder are brought back behind the ear; then the throw is made, passing across the ear, and almost directly in front of the eyes. At the finish up of the throw, shown by a left-handed diagram in Figs. 84 and 85, the first and middle fingers are found pointing in the direction in which one wishes to aim. This is the principle of the follow-through, and the result is a singularly accurate shot. It is doubtful which leg should be foremost. The illustrations taken from actual Base-ball play show sometimes

A.A.

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the one leg, sometimes (as in Fig. 87) the other. We should imagine however that, for right-hand throwing, the left leg should be foremost.

The action of cutting at Cricket, according to some experts, involves this same jerk (see next Chapter), though there is another way of cutting, with stiffer arm.

The action of a Racquet-drive, as Latham and Crosby do it, also includes this shoulder- and arm-jerk.

(20) MASSAGE

Massage is far too vast a topic to be treated here. Only a few simple types can be suggested.

Apart from the general rubbing of the skin-surface with the hand or a glove or loofah or a massage-roller, it requires considerable knowledge to do the movements in the right direction; for example, the gentle massage of the surface needs absolutely different directions from the vigorous rubbing which goes deeper, the directions of the veins and arteries being opposite to one another. A few simple directions are given in the volume on good digestion.

Self-massage is not, of course, a complete form of the art, but it is of greater value for practical purposes than massage by another. Between the two comes electric massage with apparatus. It can be regulated to any required gentleness or severity. It is widely used in Germany, and is found in not a few places in England. It is known as "vibratory" massage.

For those, however, who do not care to go into the matter deeply, a word or two of advice may be offered.

Taking the navel as the centre, the movements will in general be round the navel, up the right side and down the left, in smaller, then larger circles. The largest movement, up the right side and down the left, will be up the colon on the right, then across the colon (known as the transverse), then down the colon on the left.

Probably, however, the most important massage of all is the internal one done by the diaphragm as it moves downwards, and presses upon the stomach, liver, and spleen, and then moves upwards and relieves these organs and presses upon the lungs.

CHAPTER VIII

THE NEXT FOUR LETTERS :

FOR SPECIAL GAMES AND ATHLETICS.

MUCH of the drill for Cricket has been covered in the general chapter. In addition we may suggest a few special exercises for special purposes, though it is important that every cricketer should study some good model and work out his own success.

For keeping wicket, one may imitate the action of a wicket-keeper, crouching and imagining various balls as coming. It is important to be able to stretch out rapidly in any direction, and then to move the arm rapidly towards the imaginary wicket. Many of the exercises for wicket-keeping are an interesting form of the squatting-drill in the Swedish system.

For fielding, the starting-exercises which we have already outlined will be good. Stand alert, and then start in different directions, but also stretch out one hand at a time to field and grasp and throw in an imaginary ball. You should practise this with both hands alternately. You should also stoop with both hands, as in Fig. 94, as well as with one hand (Fig. 95). Throwing in and catching have been alluded to in the general chapter.

Bowling has also been described. As special bowling exercises one may vary the action, and especially the action of the wrist and fingers. Diagrams in American books show how the American Base-ball pitcher moves his fingers. In that case, however, the ball curves in the air as well as twisting off the ground. Moreover, the American pitch is throwing and not bowling. Still the finger-movements are of value to the bowler. He should vary not only the action or part of the action but also the pace. For this he will find the Macdonald Smith movements important. He should add his own finger-exercises.

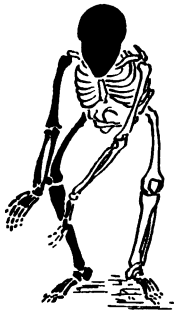


FIG. 90.—Wicket-keeping
(after Storer; adapted from
Ranjitsinhji's book).

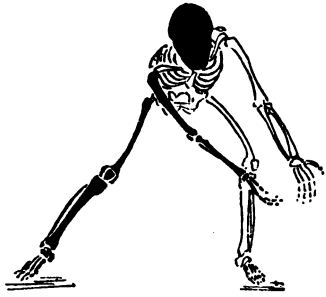


FIG. 91.—Wicket-keeping.



FIG. 92.— Wicket-keeping
(after Lilley; adapted from
Ranjitsinhji's book).



FIG. 93.—Wicket-keeping.



FIG. 94.—Fielding (after Abel;
adapted from the "Imperial
Athletic Library").

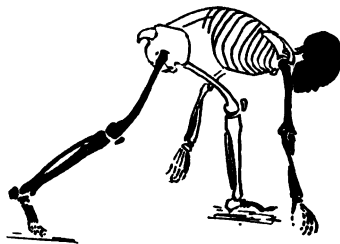


FIG. 95.—Fielding (after
S. M. J. Woods; adapted from
Ranjitsinhji's book).

Batting-practice can be done without apparatus, or with a bat or stick or light club. The lunge and forward-play and recovery have been suggested. It may be advisable to learn first to lunge along a straight line. When one can do that well, then it will be time to add the movement with the implement. A very healthy practice is the practice of the pull. The pull, as already suggested, may be done either after a full lunge, or as one stands upright, or as one draws one foot back or across. There are many kinds of pulls; all should be practised left-handed as well as right. As to implement, in a bedroom I find a light Indian club the best weapon.*

With this also one may do the back-play, waiting for an imaginary ball, then drawing one's feet back, and bringing one's left arm back, and keeping the bat straight. The practice of the glide is not very different in its general nature, except that the body and bat are at a different angle. Figs. 96, 97, and 98 show Cuts (see below), and Figs. 99 and 100 show Drives.

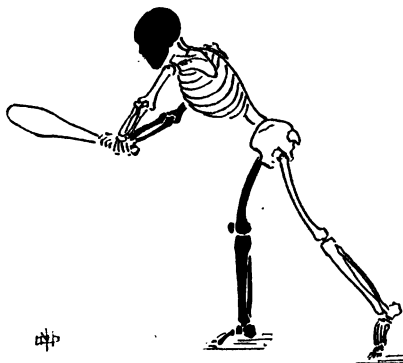


FIG. 96.—Cutting, right leg across (after Shrewsbury; adapted from "Imperial Athletic Library").

The art of running out or jumping out has been dealt with briefly in the general chapter. It is possible to run out plainly, or with the legs in the criss-cross fashion shown in an illustration of Abel in the "Imperial Athletic Library." In either case the body should face sideways. In either case, or if one jumps out, one should make a powerful stroke at the end of the forward movement, and then, after it, recover balance and return back again to an imaginary crease.

Another illustration (Fig. 101) shows a player turning at the crease. Many runs are lost at Cricket by a failure to do this neatly. It gives a healthy body-twist, exercising trunk-muscles and muscles of the arm.

* See footnote to page 70.

In addition to these common movements, it will be worth while to learn the Cut. Step across with the right foot as in Figs. 96 and 97, then cut down with a jerk upon



FIG. 97.—Ditto (after Abel; adapted from the same).



FIG. 98.—Left-handed Cutting (after Abel, adapted).

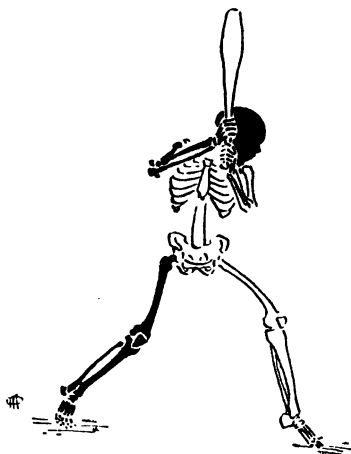


FIG. 99.—A Forward Drive (after Abel).

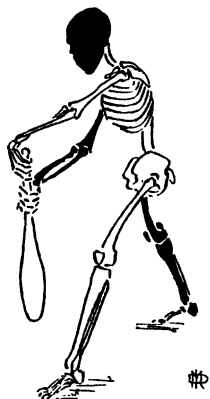


FIG. 100.—A Forward Drive along the ground (adapted from Banjitsainji's book).

an imaginary ball. Here, again, the light club may be the most useful weapon. There are several kinds of cut ; for

description of which we must refer to Ranjitsinhji's book. All are good practice. The movements in this chapter should of course be done left-handed (Fig. 98) as well as right-handed.

Such practice does not exclude but rather improves any additional practice at nets, etc.

Perhaps the best practice for bowling and fielding is, as I have suggested elsewhere, for two players to put a stump or other mark between them, and alternately bowl at it and throw at it. If they like, they can get a third player to do the wicket-keeping in the middle.

They should throw in for fielding purposes at the top of the stump, either full-pitch or a long hop first bounce.



FIG. 101.—Turning at the crease (after Shrewsbury; adapted from the "Imperial Athletic Library").

(22) FOOTBALL: A FEW ITEMS

As an exercise useful for body-muscles, as well as for Football, you can practise the Plank-movement (Fig. 102); or the following. Stand in the ordinary position; then, keeping the chin in, and the back reasonably hollow, kick up with the stiff leg (and then with the bent leg), not only forwards, but also in various directions. At the end of each forward kick, bring the leg back and up behind as far as it will go (Fig. 103). As you make the forward kick, you can move the arms in various directions also, as in Fig. 104. By these means you learn to control your body's poise while you are moving your legs fast and violently.

Besides such movements, and the startings and runnings and sideway - movements and other foot - drills, it may be useful — of course only in private in a large room — to

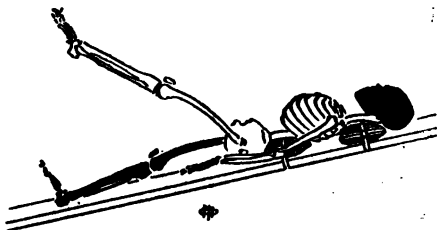


FIG. 102.—Leg-raising.

dribble an imaginary ball and to dodge an imaginary person in front, so as to control the body's poise. In the art of keeping his poise, G. O. Smith, the great Association player, should be our model. Then, again, one can practise passing to an imaginary oppon-

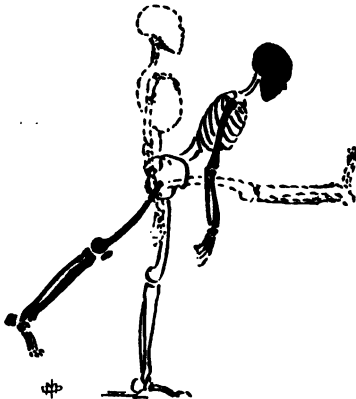


FIG. 103.—Leg-raising and swinging. Let the left foot rise off the ground, and send the body backward as you kick. Do this with each leg alternately.

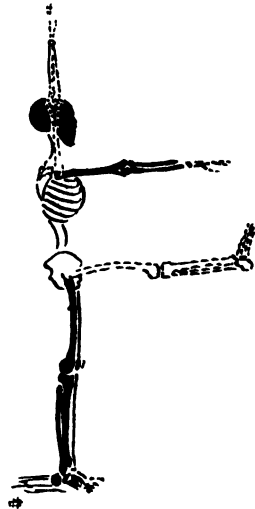


FIG. 104.—Kicking and arm-movement for poise, etc. Do this with each leg and arm alternately.

ent at Association. Another exercise is the imaginary drop. Kick first with one leg, then with the other. Then the imaginary punt in the same way; then imaginary head-play, and imaginary tackling, as the Americans practise it. The Americans have a special apparatus by which they learn how to tackle. A dummy figure hangs from a string.

(23) BOXING AND FENCING.

For Boxing, there can be fewer better practices than with the Punch-ball, which has a little literature to itself. Without a Punch-ball, however, one can learn the art of "buzzing round" an imaginary opponent, always keeping in position (Fig. 105) and in poise, and occasionally hitting out straight with right or left, and recovering; occasionally, also, dodging an imaginary blow with the turn of the head or neck or trunk, and immediately recovering and returning the blow.

For Fencing we must refer to Lieutenant T. A. W. Flynn's article and instructions in Cassell's "Physical Educator." Fig. 106 represents a Lunge.

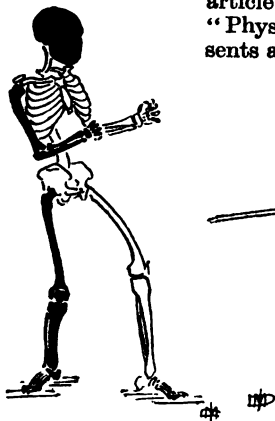


Fig. 105.—A Boxing Position (after Fitzsimmons).

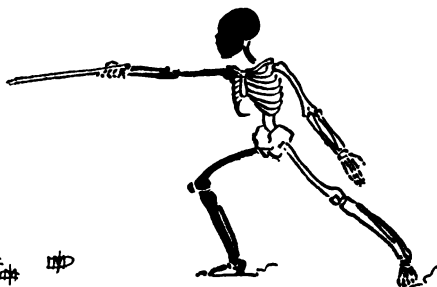


Fig. 106.—A Fencing Lunge (after T. A. W. Flynn), left foot well on the ground.

(24) TENNIS AND VARIOUS GAMES.

For real Tennis, though comparatively few play the game, some of the exercises suggested in my book, the "Isthmian Library" volume, may be tried with advantage. The Latham service (Figs. 107, 108, 109), the Fairs service (Fig. 110), and the Pettit service, are all good as exercises. They must all be done with the left hand also. But perhaps the best and healthiest of all is an imaginary volley off the pent-house. That means nothing to the uninitiated, but I would advise any one to watch a good player like Latham make it, and to imitate the movement in his own room. It is an exercise which will rank with the Doherty Lawn Tennis Service for combined gracefulness and healthiness. The beginning and finish-up positions are suggested by Figs. 111 and 112.

For Golf, the swing as suggested by Mr. E. F. Benson, according to the instructions of Braid or Bramston, may be as good as any. We must refer to the special volume in the Imperial Athletic Library, which also gives good practice for putting along a chalk line. Some of the remarks from the chapter on exercises are cited in extenso in the subsequent chapter of Quotations from Authorities.

For Lawn-Tennis we have already had the ordinary over-hand service and the ordinary back-hand stroke. The

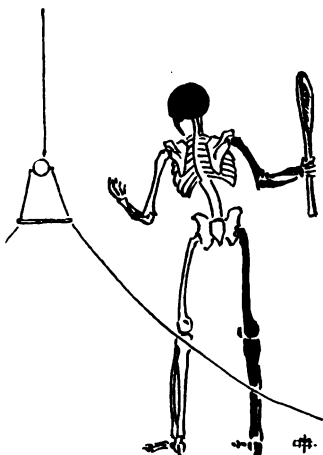


FIG. 107.—Latham Service, with Ball-game Exerciser: first position (adapted from "Racquets etc.," "Isthmian Library").

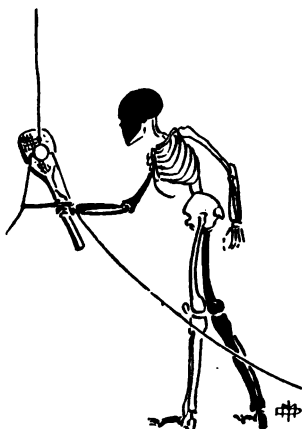


FIG. 108.—Ditto: second position. After drawing back well to the right, swing the right arm round.



FIG. 109.—Ditto: finish up.

FIG. 110.—Finish up of the Punch-fairs Service (see the special volume).



FIG. 111.—Beginning of Fore-hand Volley (off the Pent-house at Tennis):

service will be found useful practice for the over-head smash also, and one should be able—as the Dohertys say in their excellent book—to run backwards and forwards quickly and without loss of balance, and then smash steadily and severely. We must once again refer to that standard work for particular exercises : for instance, for the stooping exercise to help the low volley (Forehand and Backhand) at the

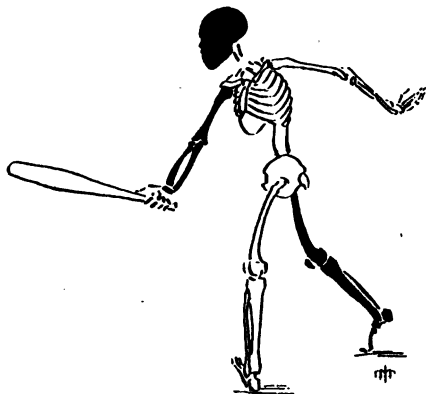


FIG. 112.—Finish up of Forehand Volley, after you have swung the trunk and arm round to the left.



FIG. 113.—A Lawn Tennis Backhand smash. Swing up and round and down to the position here.

net. Here a few variations of the ordinary service exercise may be added as likely to be useful not so much in serving as in smashing.

In the exercise that we gave, the right hand started well back, with the shoulder and head well back also, and the trunk well back. In fact, the whole right side was bent back as far as it would go to give more pace and power (Figs. 50 and 51). In this movement the racket or the club in the right hand moved well up, and then down across the body towards the left. As a variant, let it move first well up, then down, not across, but right in front of the body, ending up, not beyond the left foot, but near to the right foot (Fig. 115). Notice the position of the left arm, which is held not stiff but limp and loose.

As a third exercise, start as before ; bring the right hand up as far as it will go and swing it down, not across nor straight down, but out away to your right so that it ends

up beyond your right leg. Again notice the position of the left hand.

As a fourth exercise, do this exercise back-handed. This time, start with the right foot forward and the left foot back, the weight being on the left foot to begin with, the head and left shoulder and trunk being bent back down to the left. Send your right hand across and back as far as it will go. Then throw up an imaginary ball above your head with the left hand, and send your right hand up as far as it will go,



FIG. 114.—Lawn - Tennis smash. Starting as in Figs. 50 and 51, swing up and round and well out to the right, down to the position of Fig. 115.

FIG. 115.—The Finish-up.

then down across your body till it ends up (see 113) behind you, far beyond your right foot. Once again, keep the left hand and arm "easy."

The fifth and sixth exercises will be like the second and third above. Start as in the fourth exercise, then send the right hand up and then down, ending up with the club close to your front foot. Afterwards, send it not across nor straight down, but away out to the left. In this case it ends up beyond the left foot.

These exercises will all be found difficult, and therefore they should at first be done slowly. It is most important to get the full extension upwards and downwards so as to hit the ball at the highest possible point and to follow through.

For Hockey, we need sideways running without loss of poise—in fact, with so great a control of poise that we are able

to make a good stroke as we run. In this respect Hockey differs from most other games, in which one nearly or quite stops before the stroke. The swing of Hockey has already been cited as a milder movement than the Golf-swing.

Gymnastics demand a special book to themselves. A chair may serve as one form of apparatus. Two chairs back to back may serve as parallel bars, and so on.

As practice for weight-lifting, we must refer to the "Course for Men" in Cassell's "Physical Educator." The illustration there will show an exercise with stretcher apparatus.

It would be easy to enlarge this chapter ad lib., but these few examples must suffice. They will show that there is scarcely an important movement in any game which cannot be practised to some extent in a bedroom, though it must never be forgotten that such practice neglects two of the commonest and most disturbing elements of actual play: the ball and the opponent. Nevertheless, the man who is confronted with the ball and the opponent is more likely to do his best against them if he has practised a correct mechanism than if he has not. As Mr. E. F. Benson says in "A Book of Golf," if a man has in his bedroom learnt his right distance for a good drive, and if he has become familiar with this position in his bedroom, he is more likely than not to take up that correct position naturally in a game or in a match.

CHAPTER IX

THE LAST TWO LETTERS :

MODERATION, CHANGE AND SUPPLEMENTARY EXERCISE

(25) MODERATION

THIS letter tells its own tale. Common sense must dictate, and the will must ensure the carrying out of, this general rule, though an important exception exists when remedial or corrective work has to be done. In that case it may be necessary to exaggerate the opposite fault.

But if Moderation is a difficult art, then let there be Change. What would be excessive work if kept up without any variation, becomes no strain if it be varied by other work or play.

(26) CHANGE AND SUPPLEMENTARY EXERCISE

The chapter on general positions and movements has already suggested certain alternative exercises. Instead of the Golf-swing, one can practise the movement of Throwing the Hammer, or, as a milder exercise, the Hockey-swing. Instead of the leg-movements, one can do the actual walk and run alternately, or one can climb hills, or one can skip, which exercises the shoulders also ; or one can bowl hoops if one can find a secluded path. These are just a few obvious examples of alternative exercises in order to show that we do not advise our Course as the complete and only one. A man should stick to the exercises, if he does them at all, while he does them, but he should not rely on them alone. He should try to become an all-round athlete as well as a master of the mechanism of games and athletics.

For example, in a bedroom he may learn the movements (Figs. 74 and foll.) of the breast-stroke at swimming. Now let him learn and cultivate swimming itself. If he finds the side-stroke hard, let him work out the movements which it

involves and practise these as room-exercises. So let his exercises and his recreations help and relieve one another.

Most of us can use the seaside only rarely. In cities we need some other exercise which this Course cannot possibly provide. Among such exercises will be found the exercise of crossing a crowded street neatly, though one should not attempt too much at first. Then one may practise getting into or jumping off omnibuses, where the same warning will apply. A less dangerous practice is to try to dodge and shift one's body so as not to touch any one in the street. In the street also, and anywhere, one can practise the simple head-turns while one still keeps one's poise. One can practise looking thirty yards ahead as one walks. One can practise holding one's breath, though it does not suit every one to strain in this way. Out in the country, you can hit stones in the road with a stick. Notice how your tendency is here to draw the stick across instead of carrying the stroke through, the result being that you are likely to miss the stone by sending your stick on the near side of it. In order to remedy this, aim at a spot a little beyond the stone. At Racquets, if I am at all stiff, I like to begin by aiming my racket a little beyond where I calculate that the ball will be.

A ball may be bowled or thrown or hit against a wall. It may be hit with the hand or with any kind of implement. In a more elaborate form, we have the games of Squash, Fives, etc. With a net we have the game of Badminton. But it would be hopeless to attempt a full list of good in-door exercises. Out-of-doors, gardening, farming, etc., are all of value, but they should be performed with the body in the right position. Otherwise we have the unpleasant result of the round-backed and stooping gardener and farmer and carpenter. In themselves these exercises are good, if—to return to our old phrase—we have mastered the A B C of them. Otherwise, they may tend to deformity. The same applies to Cycling, as in Fig. 116.

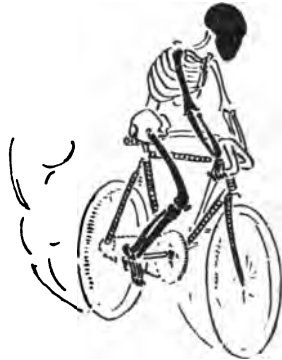


FIG. 116.—A wrong position in Cycling (adapted from "The Training of the Body").

Each must choose for himself according to age, height, weight, deformities of shoulders, deficiencies of left side, diseases (such as consumption, constipation, and indigestion), and mental qualities. To remedy slowness, one will need prompt exercises such as Boxing and Ball-games, rather than rowing and weight-lifting.

This is not a work on general education, so it cannot deal with mental training, or special sense training. But we cannot close this chapter without a word on observation and memory, since they are important factors in athletic success. In Tennis, for example, one has to observe one's opponent's stroke, and especially his wrist and racket, so that one may know what kind of stroke he is sending. One judges considerably by the sound which the ball makes against his racket. When he has once made his stroke, then one must keep one's eye on the ball till the latest possible moment. At the same time one wishes to know where the different parts of the court are ; so one has to have a double eyesight, as it were. In one's eye-memory must be a picture of the court and the opponent, with everything in its exact place. In one's actual eyesight must be one picture and one picture only—that of the ball itself. For this art—this art of having an extra eye-memory as a kind of background, one can easily train in daily life. For example, notice the person opposite you in the train ; look away and try to recall his face ; then look again and see how true your picture was. Look away, and again try to recall the face. After constant practice, you will find that, by looking at a thing observantly, you fix it in your memory so that with closed eyes you can recall it at will. The cricketer who has this power, first observes the bowler's wrist and hand, then he watches the ball attentively, but all the time he also has in his mind's eye, as a background, the exact position of every fielder. He keeps his eye on the ball, his mind's eye on the scene of action.

After the game, and at his work, the true player throws aside both the memory and the attention, and carries away from the play not the thought of fielders and bowler and ball and bat and stroke, but only the spirit of real play—that spirit which says, with reference to the task in hand, "This one thing I do now with heart and soul as well as I can," and "while I do this, I will 'play the game'—not the game of Cricket now, but the exercise of fairness, skill, pluck and cheerfulness, in this new field."

PART III

CONCLUDING CHAPTERS

CHAPTER X

NOTES ON APPARATUS

FOR most forms of games and athletics, heavy weights and heavy dumbbells and spring-grip exercisers are almost the worst possible training to begin with. So is the indiscriminate use of gymnastic apparatus, though the German system of gymnastics could hardly fail to be of value. Heavy work and slow work, tending to develop muscles that always stand out whether they are wanted or not, is a bad beginning for the athlete. Let him first acquire flexibility, easy rapidity, independent control, as well as correctness, and then it will be comparatively safe for him to go in for feats of strain and strength. But directly he finds that they are making him slow, directly he finds, for example, that they are lessening the distance of his Golf-drive, or—as Corbett did—the quickness of his blow, then let him stop them at once, and take to lighter work with proper apparatus, or even without apparatus at all.

Nearly all the exercises are possible without apparatus, if we except those on the inclined plank, which seems preferable to the floor for many reasons: only a small space is needed, say seven feet square; no special clothing is required—indeed, the less clothing there is, the better. An ideal place for ordinary practice would be a small enclosed and well turfed space somewhat like that of the air and light bath in the German “Naturheil” or American “Sanitarium” establishments.

A few plank-exercises are chosen here out of the Pamphlet of the Sports Manufacturing Company, 30, Cheapside, E.C.

Lying on the back, go through the breast-stroke in swimming, with the arms and hands, and go through the action of skipping, sending the arms backwards. These two movements are much better for the physique and for athletics if one moves the two sides of the body separately, resting the left hand while the right is exercised, and *vice versa*.

Now, standing on the plank, swing each leg in turn with

a free swing clear of the bank, keeping the legs straight, so that you may feel the movement high up in the body. This will help the free action of the legs.

Another exercise for this purpose is to walk down the plank, kicking each leg out in turn, with the toe as far down and forwards as it will go.

But for the various uses of the plank in exercising the muscles around the heart, in exercising the lungs, in reducing obesity, to prevent flat foot, etc., we must refer to the above-mentioned pamphlet of instructions.

Some apparatus may be of use in order to give interest and reality to various movements. We suggest a sample or two, leaving the reader to decide for himself whether he will use them or not.

For movements like those of Lawn Tennis and batting at Cricket I have often used old handles of the original implements; but better still is a light ladies' club which has the weight near the end of it, and so helps the swing. The Sports Manufacturing Company supplies a good kind.

The Ping-Pong ball may be better for some of the ball-exercises than a Lawn Tennis or plain india-rubber ball; for practice in catching a ball thrown against the wall, the Ping-Pong ball was suggested by a writer in a leading magazine.

Some attention-mark—say a piece of paper fastened to the wall—helping one to keep one's eye on the ball or straight in front, may be found serviceable if an actual ball is not used.

A large Mirror (supplied by any furnisher) will give interest and help self-correction: for instance, by it one can see whether the line of one's swing or stroke is straight or not. Chalk lines on the floor, or floor-patterns, may also be turned to employment in the same way.

Another simple yet helpful apparatus may be the extension or anti-grip exerciser, which will help the fingers to spread out instead of gripping perpetually, and so will help to give freedom. It is manufactured by the above-mentioned firm in Cheapside.

It can be used not only to straighten out the hands, but also as a stretcher or expander. An ordinary stretcher or expander, however, has its uses for certain movements, and is to be recommended in moderation. It is almost the only apparatus that the well-known pugilist, Fitzsimmons, advised boxers to use, except the Punch-ball.

I have never heard any objection to the use of the

Punch-ball, both as practice for boxing and as a general developer. Fitzsimmons used it as a chest-developer also, filling his lungs with air, and then punching at the ball while he kept his lungs inflated.

Somewhat akin to it in certain ways is the Ball-game Exerciser, which enables one to practise again and again the correct stroke for certain ball-games such as Cricket and Lawn-Tennis. The ball hangs freely, allows of a stroke and a follow-through, and then returns to its original position. With a big ball, it can be used as a Football exerciser.

In winter-time, a rowing apparatus is widely used in England, as well as in America, where the rivers are frozen and rowing itself impossible except in an artificial tank.

There are several Golf-exercisers, none of which are altogether satisfactory. The captive-ball and the revolving-ball are among the best I have seen.

Some useful club-circles and twists were given by Mr. Flynn, when he helped me with the Men's Course in Cassell's "Physical Educator." The club-circle and the club-twist are exercises in the control of the body and poise. The tendency, as one swings the club, is to move the body with it, but in good club-swinging the whole body is firm up to the very shoulders. The right position is preserved, the chin being in, the trunk bent slightly forwards from the hips, and the eyes facing straight in front. Then the full circle is made—a sweep which would follow the lines of a large hoop, as in the illustration in Cassell's Course. As one points out and up to the right, the wrist makes a slight turn; otherwise the circle will not be a correct one. We cannot enter into this subject now. We must be content to refer to special treatises on it.

Indeed, this is but a small list of implements; the reader can easily enlarge it. We should suggest that he should try to devise his own apparatus for his own particular games and athletics. Mr. C. B. Fry told me of a very interesting one for the practice of Cricket strokes; I do not know if he has yet worked it out for general use. The field of athletic apparatus is almost a new one still.

CHAPTER XI

CHANGES NEEDED TO HELP GAMES AND ATHLETICS

UNDOUBTEDLY all nations that have practised games and athletics have derived many benefits from them. But these nations have for the most part not troubled to find out precisely what the benefits were, and, equally undoubtedly, they have also derived certain evils from them, in so far as they have let them entirely take the place of regular physical training and regular work. These evils need to be remedied as quickly as possible, and the following changes must be made sooner or later ; for we need them all.

1. We need less play for most of those who play, if we can manage this for them without putting them out of training or out of practice.

2. We need the play better done by most of those who play, especially by the duffers. It is the glory of the German training system that it brings the duffers up by gradual care till they can perform quite difficult feats. Our want of system almost completely neglects them.

3. We need more preparation, therefore, for most of those who play, so that they may on the one hand keep in training and practice without too much expenditure of time, and, on the other hand, may play better whatever they do play.

4. We need more play for those who do not play enough. This would follow as a natural result if there were a general system of preparation for play which also served as a fairly good physical education.

5. The play itself needs to be adapted, especially so that poor people may get it in the evenings by artificial light in large buildings or open spaces in cities and suburbs.

6. More games should be added to the familiar British list, and especially cheap games like Badminton, Fives, Squash, and Vigoro.

7. The games and the preparation for them must be

supplemented. This Alphabet of Athletics suggests some supplements, especially some training for the left side, and some training in breathing and in relaxing. In addition there should be a certain amount of training in strength : for instance, by means of a chest-expander.

8. We need better training for the senses, and for the extremities. We need to cultivate observation, discrimination, memory, imagination, sight, hearing, touch, and the muscular sense or senses. Among the many means are Sloyd, gardening, carpentering, and shooting. Here, again, many of the means may be connected with these vital interests of the boy, his games and athletics. Let him learn to make and mend some of his own implements, say his Cricket-bat, and, as they do at Clayesmore and elsewhere, help to make his own Cricket-ground and pavilion.

9. Last but not least, we need more work, or at any rate more reasonable work. Here, once again, there is abundance of the best and most useful brain-work to be done in connection with games and athletics. Such an Alphabet as my own, for example, rough and inadequate as it is, could yet form the basis for some valuable if not essential teaching in such subjects as Educational Method, Anatomy, Physiology, Hygiene, Art ; while games and athletics themselves afford obvious lessons in Co-operation, Political Economy, National Character, History, and Geography, to say nothing of Physical Education itself.

CHAPTER XII

A FEW QUOTATIONS FROM AUTHORITIES

It is the credit of the German Method of training that it drills beginners in correct mechanisms so that soon self-expression will be successful ; it is the discredit of the German method that it does not encourage free self-expression but keeps its grown-up and apprenticed sons and daughters still in children's leading-strings. We are the exact converse. It is to the discredit of the English way that it does not drill beginners in correct mechanisms ; it is to the credit of the English way that it encourages free self-expression, at least in the direction of physical exercise. Hence the bodily self-expression is, in nine cases out of ten, incorrect.

This is particularly the case in games and athletics, in which the movements are, we maintain, for the most part unnatural, though acquired fairly easily by special practice. It is the aim of this chapter to quote from a few who have not only found such special practice valuable, I mean such special practice outside the play itself, and in a bedroom or a plain room, but have also put down their views in writing.

Demosthenes is said to have developed his elocution by speaking as he walked up-hill with pebbles in his mouth : this was discipline off the bema, and outside the Assembly-arena, if the story is true, but it led to success in the arena when the game against Philip had begun.

Some words of Edward Lyttelton, from his volume on Cricket, in the All-England Library, have been cited in the book on Cricket in Hurst & Blackett's Imperial Athletic Library. Here are several of his excellent pieces of advice :—

“ The truth must be insisted on ; many a cricket match has been won in the bedroom. And even with the ball a good deal may be done. I could name two eminent batsmen who used, as boys, to wait after the day's play was over, and the careless crowd had departed, and in the pavilion give ten minutes or a quarter of an hour to practising a particular style of defence, about which more

anon ; the one bowled fast sneaks along the floor to the other, at about ten paces distance. This, too, yielded fruit in its time. Like all other great achievements, the getting a score against good bowling is the result of drudgery, patiently, faithfully borne. But the drudgery of Cricket is itself a pleasure, and let no young cricketer suppose that he can dispense with it, though some few gifted performers have done great things with apparently little effort.

“ Now from these principles, which some might call truisms, a very important practical maxim proceeds. All sound rules of the art of batting should be practised by a young cricketer without a ball as well as with it. The grammar of the science can be partly learnt in the bedroom ; the application of the rules must be made on the greensward. Many a finished batsman has tried this plan. Five minutes devoted every night by an aspiring cricketer to a leg hit, or cut, or forward play at a phantom ball, will gradually discipline his sinews to the required posture, besides sending him to bed in a right frame of mind.

“ I think it was Harry Jupp who used to ascribe his astonishingly good defence to a habit of this kind. He used to place a large-sized mirror on the floor—not for purposes of personal vanity—but to see if the bat moved in a straight line. To make the test better, a line was drawn along the floor from the centre of the mirror, along which line the bat was to move. The least deviation was then manifested, not only at the end of the stroke, but while it was being made.”

Some of the excellent remarks by Mr. E. F. Benson, another indefatigable brain-worker, have been quoted already. In addition to these we may reproduce the following hints, from “ A Book of Golf ”—

“ The two or three exercises here given are only meant to be examples of a hundred that can be used with advantage in the practice without a ball. But the one thing needful is that the practiser should know what he wants to practise : given he knows an error into which he falls and the way to correct it, or given he knows how to play a particular shot and wishes to practise it, *he will certainly get to learn it quicker by a dozen carefully played shots a day in his room than by a couple of wild strokes in a round at the game itself.* Many people have found also that a long looking-glass placed opposite them assists in detecting errors.

“ But, above all, never practise vaguely, like the man who plays a dozen ‘ general ’ mashie shots on to the green-

It is no use whatever to wildly swoop a club over a piece of baize, standing wrong, holding the club wrong, doing everything wrong except by accident. That sort of practice has an effect, no doubt, as all practice has, but its particular effect is to ingrain and confirm existing errors. In most of us they are sufficiently ingrained already; it is superfluous to practise them further.

“Take, then, a thick piece of baize, about four feet square, and tack it loosely down to prevent it wrinkling over the carpet or on the boards of any room. Then remove in every direction within the possible radius of the club you propose to use, all perishable objects. Stand on the baize firmly, as if addressing a ball on the tee, waggling your driver at some rolled-up scrap of paper which you have placed there, till you are as certain as a man can be that you have got your distance right, that your stance is quite comfortable, and that you would wager a reasonable sum that given there was a golf-ball where the paper is, you would drive it with fair correctness. Then, without moving your feet, outline the position with chalk, and mark where the ball is supposed to be. Then take your ordinary swing and try to hit the paper. Most parents and guardians will not succeed in doing so; their clubs will either hiss innocuously over it, or else deal the baize a somewhat severe blow some inches from where the paper lay. More especially will they fail to hit it, if they press at all, for the object aimed at is perhaps not a third the size of a golf-ball, and instead of being teed sits down on the green baize. Let them, however, with all the concentration they can command, take three or four more shots at it.

“Now this sort of practice is evidently much more difficult than the problem of hitting a ball on the tee. That is exactly the reason why it is recommended. For half a dozen shots you may easily miss the paper altogether, in which case a slight variation of stance is recommended, but the patient parent is here solemnly assured that he very soon will hit the paper, and that after he has hit it once he will very soon begin to hit it in the majority of instances that he tries. Supposing he finds his original stance was not right, he must mark out the position in which he finds he can hit with ease and comfort, and rest assured that it is almost certainly his right stance. He may, if he wishes, recommend the same to a friend, but there is no reason to suppose it is his friend's right stance.

“Supposing, therefore, that you have a month's, or even

only a week's, forced abstention from Golf, and during that time you have on, say, six days out of seven taken the trouble to address the piece of paper from your correct stance and swing at it half a dozen times, you may without undue sanguineness expect to find yourself addressing the real ball on the real tee, if when you next play with a confidence and a comfortableness that you are not accustomed to. If there is anything in practice this must be so. Daily you have taken up your right stance, and never have you taken up a wrong stance. It is reasonable, therefore, to expect that you have at any rate begun to form the habit of taking up the right stance instinctively, and have begun to break with the habit of shuffling and uncertainty on the tee, a fault almost ineradicable with mediocre and irregular players.

"Now on this same piece of baize draw a straight chalk line through the place marked for the ball, and in the direction of the supposed line of the hole, for the distance of a foot or two both behind and in front of the place where the ball lies. Swing quite slowly up and down, stopping the club at the moment it reaches the place where the ball is supposed to be. Look carefully at the angle the club makes with the chalk line. It ought to be at right angles to it. If it is not, there is some correction to be made, either in the grip, or (which is less likely if the stance is really comfortable) in the stance, or in even so slow a swing as this. What the correction is, it is impossible for the writer to say, but in any case it is infinitely easier for the practiser to find out at ease in his house than it would be in the middle of a match.

"But perhaps it is in putting (also dull) that you will find most correction is necessary. Here the position of the feet for the driving stance should be entirely disregarded, and the attention for the present entirely devoted to the white line. The centre of the putter (for those who putt inaccurately) must be laid at right angles across the white line. Take the putter in your ordinary grip, and putt gently at an imaginary ball, looking to see if the putter moves straight up and down the white line. It almost certainly will not. But it has to, for the whole essence of putting is that it should meet the ball square at right angles to the line of the hole. But unless you are a good putter, the club will want to go almost anywhere else, either because you pull your arms in, or because you push

them out, or because you are standing wrong. And the right stance in putting for every individual player is that in which his putter moves naturally over this line. With a little shifting of the feet (when you are satisfied that you are not pulling your arms in or pushing them out) you will soon arrive at some position of the feet in which the putter moves naturally up and down the line to the hole. If you feel comfortable in that position, mark the places occupied by the feet with extreme care. If you do not, try another. But if you do, move quite away, come back again, replace the feet, and again swing the putter over the line. Repeat this once or twice, and if you find that each time the centre of the putter swings naturally down the line, you may feel pretty sure that that position is right for you. The point, therefore, is to remember that position by making a habit of it, and if every day for a week in which you do not play Golf, you take up that marked position a dozen times and play a dozen imaginary putts from it, you will find that, dull and ridiculous and childish as the practice seems, it will make you feel more comfortable when you return to the green, and that your putter will in a greater number of cases than before send the ball comparatively straight. The club in practice should be made to 'whisper' over the place where the ball is supposed to be, and be neither passed over it in the air, nor dragged along the baize. This will tend to make you hit the ball pretty well in the centre, instead of hitting it on the top, or merely, as we all do sometimes, digging jerkily into the green.

"It is there that their force should be used, the common fault being to begin to use the wrists far sooner than it is right, with the effect that probably an inaccurate stroke is made, and that certainly their little best is spent before the ball is struck. This use of the wrists is an affair of considerable delicacy, and it would be hopeless for a man who has habitually not used them or used them incorrectly, to attempt to incorporate them straight away into the full shot. But by beginning with the simple movement of them alone, and afterwards combining them with the swing, we believe that the attainment is not very difficult."

Such an emphatic recommendation—and I can guarantee that Mr. Benson carries it out faithfully, and applies the same method to the practice of skating-turns, etc.—comes with all the more weight from a man whom no one has ever yet accused of being in any way a crank.

